

FREE HYROX TRAINING PLAN · BEGINNER

8-week HYROX training plan: beginner (first race)

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. You can run 5K and have never pushed a sled.

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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.

36 sessions

4-5 a week, named rest days.

Pacing rules for the beginner 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: Movement quality foundation with bodyweight exercises. Easy-pace running at conversational intensity. Learn basic station movements with light or no weight.

☐ **MONDAY** **Foundation Circuit**

3 Rounds:

- 10 Goblet Squats (8kg/12kg)
- 8 Push-ups (knees OK)
- 10 Sit-ups
- 200m Row (easy pace)

Rest 90 sec between rounds

First week - focus on form. Take it easy.

☐ **TUESDAY** **Zone 2 Run**

25 min continuous run

- Conversational pace
- Target: 3-4km

Can you speak full sentences? If not, slow down.

☐ **WEDNESDAY** **Rest Day**☐ **THURSDAY** **Strength Foundations**

3 Sets (not for time):

- 10 DB Squats (8kg/12kg)
- 8 Push-ups
- 12 Walking Lunges (bodyweight)
- 10 DB Rows each arm (5kg/8kg)

Rest 2 min between sets

Add 2-4kg if completing easily. Focus on depth.

☐ **FRIDAY** **Rest Day**☐ **SATURDAY** **Station Introduction**

3 Rounds (easy pace):

- 200m SkiErg
- 10 Wall Balls (6kg/9kg)
- 100m Farmers Carry (8kg/12kg)

Rest as needed

Focus on hip hinge on SkiErg. Add weight if too easy.

☐ **SUNDAY** **Rest Day**

- Complete all 4 training sessions without missing any workouts
- Build 25-min Zone 2 run at conversational pace

Week 1 starts your eight weeks by learning the movements. Focus entirely on learning proper form for all HYROX stations while building your aerobic base. This extended timeline allows patient, thorough preparation without rushing adaptation.

This week: Technical progression with light weights. Introduce running intervals (4x400m). Practice SkiErg and sled technique. Build training volume gradually.

☐ MONDAY **Station Practice**

20 Min AMRAP:

- 200m Row
- 20m Farmers Carry (12kg/16kg)
- 8 Burpees (step back OK)

Rest as needed

Aim for consistent round times. Add weight if getting 7+ rounds.

☐ TUESDAY **Progressive Run**

30 min total:

- 10 min easy
- 10 min steady
- 10 min easy

Middle 10min should feel 'comfortably hard' - 7/10 effort.

☐ WEDNESDAY **Rest Day**☐ THURSDAY **Progressive Strength**

4 Sets:

- 10 KB Swings (12kg/16kg)
- 8 DB Press (5kg/8kg each)
- 12 Goblet Squats (12kg/16kg)
- 10 Push-ups

Rest 2 min between sets

Should feel challenging by set 3. Add 2-4kg if easy.

☐ FRIDAY **Rest Day**☐ SATURDAY **Sled Introduction**

4 Rounds:

- 300m Run (steady pace)
- 15m Sled Push (50kg/70kg)
- Rest 2 minutes

Sub if no sled: 20 Walking Lunges

Drive through heels, chest up. Add 10kg if moving fast.

☐ SUNDAY **Easy Run**

35 min Zone 2 run

Heart rate under 140bpm. Pure recovery.

- Execute AMRAP practice achieving 5-6 rounds steadily
- Practice sled technique with proper low body position

Week 2 introduces the first progression markers from the expert manual. You'll practice back squats, dumbbell rows, and SkiErg technique while adding running intervals. This is where base fitness development accelerates.

This week: Continued aerobic base building with longer runs. Strength exercises become more challenging. Movement patterns become automatic and confident.

☐ MONDAY **Higher Intensity**

4 Rounds For Time:

- 250m Row
- 12 Wall Balls (6kg/9kg)
- 8 Burpee Broad Jumps

20 min cap

Aim for sub-20min. Add weight if finishing under 15min.

☐ TUESDAY **Tempo Run**

35 min total:

- 10 min warm-up
- 2x8 min tempo
- 2 min easy between
- 9 min cool-down

Tempo = can only speak 3-4 words. Around 80% effort.

☐ WEDNESDAY **Rest Day**☐ THURSDAY **Race Weight Practice**

3 Sets:

- 8 Deadlifts (30kg/40kg)
- 6 Push Press (8kg/12kg each)
- 10m Walking Lunges (10kg sandbag)

Rest 2 min between

These are race weights - should feel heavy but doable.

☐ FRIDAY **Rest Day**☐ SATURDAY **Station Circuit**

5 Rounds:

- 200m SkiErg
- 20m Sled Pull (33kg/50kg)
- 100m Farmers (16kg/24kg)

Rest 90 sec between rounds

90sec rest should feel slightly rushed. Add weight if easy.

☐ SUNDAY **Long Run**

40 min Zone 2 run

Stay at conversation pace throughout. No surges.

- Complete circuit test in under 20 minutes with good form
- Run 40 minutes continuously at Zone 2 pace

Week 3 continues base building with increased confidence. Your movement patterns are solidifying, and you should notice improved strength and endurance. The aerobic foundation is becoming robust.

This week: Complete base building phase. Test fitness improvements across all domains. Prepare mentally and physically for race-specific training phase.

☐ **MONDAY** **Circuit Test**

For Time (15 min cap):

- 500m Row
- 25 Wall Balls
- 25 Burpees
- 500m Run

Record your time! Target: beat it by 2min in Week 7.

☐ **TUESDAY** **Recovery Run**

30 min easy run

Flush the legs. Keep heart rate under 140bpm.

☐ **WEDNESDAY** **Rest Day**☐ **THURSDAY** **Strength Maintenance**

3 Sets:

- All exercises from Week 3
- Same weights
- Focus on form

Same weights as Week 3. Perfect form only.

☐ **FRIDAY** **Rest Day**☐ **SATURDAY** **Mini Simulation**

Half Distance Test:

- 1km Run
- 500m SkiErg
- 25m Sled Push (50kg/70kg)
- 500m Run
- 25m Sled Pull (40kg/60kg)
- 500m Run

Target: 30 minutes

This predicts your race time x2. Push hard!

☐ **SUNDAY** **Rest Day**

- Complete mini simulation (half distance) under 30 minutes
- Execute all stations with proper form at light weights

Week 4 completes your base building phase. You've established solid movement competency and aerobic fitness. This week tests your improvements and prepares you for the race-specific training ahead.

This week: Introduce compromised running concept. Begin working toward race weights on strength exercises. Start combining running with station work.

☐ MONDAY **Compromised Running**

5 Rounds:

- 400m Run
- 15 KB Swings (16kg/20kg)
- 10 Burpees

Rest 2 min between rounds

Target 4:00 per round. Add 4kg to KB if under 3:30.

☐ TUESDAY **Race Pace Intervals**

6x800m:

- Target: 5:00-5:30 per 800m
- Rest: 2 min between

Total: 40 min

This is your race pace - memorize how it feels!

☐ WEDNESDAY **Rest Day**☐ THURSDAY **Race Weight Practice**

EMOM 15 min:

- Min 1: 10 Wall Balls (6kg/9kg)
- Min 2: 20m Sled Push (50kg/80kg)
- Min 3: Rest

Should finish each minute with 10-15sec rest. Add weight if more.

☐ FRIDAY **Long Run + Stations**

45 min total:

- 10 min run
- Station work (5 min)
- 10 min run
- Station work (5 min)
- 15 min run

Stations = 10 burpees + 20 wall balls. Stay consistent.

☐ SATURDAY **Rest Day**☐ SUNDAY **Recovery Bike**

30 min easy bike

Flush the legs. Keep heart rate under 140bpm.

- Complete compromised running without pace drop >15%
- Handle race weights on all station equipment

Week 5 marks the transition to race specificity. You'll introduce compromised running and begin working with race weights. This is where HYROX-specific fitness development begins in earnest.

This week: Race weight station practice. Threshold running development. Complex compromised circuits combining multiple stations with running.

☐ **MONDAY Sled Work**

4 Rounds:

- 20m Sled Push (102kg/150kg)
- 20m Sled Pull (78kg/103kg)
- Rest 3 min

Then: 3x10 Heavy KB Swings (20kg/24kg)

Race Weights! Should take 1:30-2:00 per round. Add 10kg if faster.

☐ **TUESDAY 1km Repeats**

Warm-up 10 min

3x1km @ Race Pace

– Target: 5:30-6:00

– Rest: 2 min walk

Cool-down 10 min

5:30-6:00/km is your target. Lock this pace in your brain!

☐ **WEDNESDAY Rest Day**☐ **THURSDAY Compromised Circuit**

3 Rounds:

- 800m Run
 - 20 Wall Balls (6kg/9kg)
 - 10 Burpee Broad Jumps
- Rest 3 min between rounds

Target 15-18min total. Add weight if under 14min.

☐ **FRIDAY Long Run**

50 min Zone 2 run

Keep heart rate under 145bpm. This is recovery.

☐ **SATURDAY Rest Day**☐ **SUNDAY Optional Recovery**

20 min walk or swim

Skip this if legs feel heavy. Rest is better.

- Complete 3x1km @ race pace (5:30-6:00/km) with recovery
- Execute sled work at full race weight for 20m

Week 6 is the signature week from the expert manual. You'll practice sled push/pull at race weight, complete 1km intervals at 10k pace, and execute compromised circuits. This builds race-specific confidence.

This week: Peak race specificity. Advanced compromised sessions. Race simulation practice. Build complete confidence in race execution.

☐ **MONDAY** **Peak Compromised**

6 Rounds:

- 500m Run
- 1 Station (rotate):
- 250m Row
- 250m SkiErg
- 15 Wall Balls
- 20m Farmers (16kg/24kg)
- 10 Burpees
- 20m Lunges

Rest 90 sec between rounds

Each round should take 4-5min. Maintain pace!

☐ **TUESDAY** **Rest Day**☐ **WEDNESDAY** **Race Simulation**

75% Distance Test:

- 6 Stations (your choice)
- 6x750m runs

Target: Under 60 minutes

Go 85-90% effort. This predicts your race performance.

☐ **THURSDAY** **Recovery Run**

30 min easy run

Recovery only. Heart rate under 135bpm.

☐ **FRIDAY** **Rest Day**☐ **SATURDAY** **Station Review**

Light practice:

- 5 min each station
- 50% effort
- Perfect form

Practice transitions between stations. Stay smooth.

☐ **SUNDAY** **Rest Day**

- Complete 75% race simulation in under 60 minutes
- Master all 8 stations at race weight with good technique

Week 7 represents peak race-specific training. Complex compromised sessions and race simulations build complete confidence in your race execution abilities. You should feel race-ready and excited.

This week: Volume reduction and recovery focus. Light technical practice. Mental preparation and race day confidence building.

☐ MONDAY **Light Circuit**

2 Rounds (easy):

- 250m Row
- 10 Goblet Squats (12kg/16kg)
- 10 Push-ups

Rest as needed

50% effort max. You should feel fresh after.

☐ TUESDAY **Easy Run + Strides**

20 min easy run

Then: 4x100m strides

- Fast but relaxed
- Full recovery

Strides = 80% speed, not 100%. Stay relaxed.

☐ WEDNESDAY **Rest Day**☐ THURSDAY **Race Prep**

15 min walk

10 min mobility

Light station touch:

- 50m Row
- 5 Wall Balls
- 50m Run

Just touching equipment. 30% effort only.

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

Race Day Protocol:

- 3 hours before: Light meal
- 90 min before: Arrive venue
- 60 min before: Dynamic warm-up
- 30 min before: Station practice
- 10 min before: Final prep

CRUSH IT! 🍌

Stick to YOUR pace (5:30-6:00/km). Don't chase others!

- Execute taper workouts feeling fresh and powerful
- Complete race in target time: 1:45-2:30

Week 8 is strategic recovery and race preparation. The hard training is complete. Focus on feeling fresh, confident, and excited for race day. Trust your eight weeks of training.

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.