

FREE HYROX TRAINING PLAN · INTERMEDIATE

8-week HYROX training plan: intermediate (raced before)

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. Six months of lifting and at least one HYROX, chasing a time.

Written by Title Intharat, BSc Sport Science, Certified Personal Trainer. Reviewed by Michael Borman, HYROX race finisher, ultra-distance runner, RoxHype founder. Updated April 2026.

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 intermediate 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: Heavy squats at 75-80% 1RM with 4x1200m threshold intervals. Upper body power work with SkiErg and wall ball practice. Compromised running circuits maintain race pace under fatigue. 50-60 minute Zone 2 runs build aerobic capacity.

☐ **MONDAY Lower Body Strength**

Heavy Squats:

- 4x6 Back Squats (75-80% 1RM)
- 3x8 Bulgarian Split Squats (12kg/16kg DBs)
- 3x10 Romanian Deadlifts (50kg/70kg)
- 3x12 Walking Lunges (bodyweight)

Rest 2-3 min between sets

Add 5kg if completing all reps easily. Full depth required.

☐ **TUESDAY Threshold Intervals**

Running Workout:

- 15 min warm-up
- 4x1200m @ 4:30-4:45/km
- 2 min jog recovery
- 10 min cool-down

Total: 50 minutes

HR should be 160-170. Can only speak 2-3 words.

☐ **WEDNESDAY Upper Body + Stations**

Strength + Skills:

- 4x8 Bench Press (60kg/80kg)
- 4x10 DB Rows (16kg/24kg each)
- 3x12 KB Swings (20kg/24kg)

Then:

- 3x250m SkiErg (moderate)
- 3x10 Wall Balls (6kg)

Focus on power output. Add weight if too easy.

☐ **THURSDAY Active Recovery**

Recovery Session:

- 30-40 min easy bike
- 15 min mobility work
- Optional: 20 min yoga

HR under 130 bpm

This is recovery! Keep it very easy.

☐ **FRIDAY Compromised Running**

5 Rounds:

- 400m Run @ race pace
- 15 Wall Balls (6kg)
- 10 Burpees

Rest 90 sec between rounds

Maintain 4:45/km on runs. Should feel challenging.

☐ **SATURDAY Long Zone 2 Run**

50-60 min easy run

- Conversational pace
- HR 130-145 bpm
- Target: 8-10km

Build aerobic base. No surges or speed changes.

☐ **SUNDAY Rest Day**

- Complete all 6 training sessions without missing workouts
- Hit all threshold intervals at 4:30-4:45/km pace consistently

Week 1 establishes your competitive foundation with heavy strength work at 75-80% 1RM and threshold running at 4:30-4:45/km pace. Your existing fitness allows immediate intensity, but we're building systematically toward your 75-85 minute race goal.

This week: Power development with 85% squats and explosive box jumps. VO2 Max intervals at 3:45-4:00/km push lactate threshold. Maximum effort rowing and sled sprints. Full station practice at 80% effort with proper transitions.

☐ **MONDAY Heavy Strength**

Power Day:

- 5x3 Back Squats (85% 1RM)
- 5x5 Box Jumps (60cm/75cm)
- 4x6 Deadlifts (1.5x bodyweight)
- 3x8 DB Push Press (12kg/16kg each)

Rest 3 min between heavy sets

Maximum effort on jumps. Add 5-10kg if easy.

☐ **TUESDAY VO2 Max Intervals**

Speed Work:

- 15 min warm-up
- 5x800m @ 3:45-4:00/km
- 90 sec rest between
- 10 min cool-down

Total: 45 minutes

Push hard! HR 170-180. Full recovery needed.

☐ **WEDNESDAY Station Power**

Power Endurance:

- 5x250m Row @ max effort
- Rest 2 min
- 5x30m Sled Push (102kg/152kg)

Rest 90 sec

- 50 Burpee Broad Jumps for time

Row target: sub-50sec. Record all times.

☐ **THURSDAY Recovery Run**

40 min Zone 2 run

- Easy conversational pace
- HR 130-145 bpm
- 6-7km total

Pure recovery. Should feel easy throughout.

☐ **FRIDAY Station Practice**

All 8 Stations @ 80%:

- 500m SkiErg
- 25m Sled Push/Pull
- 40m Burpee Broad Jump
- 500m Row
- 100m Farmers (24kg/32kg)
- 50m Lunges (20kg/30kg)
- 50 Wall Balls (6kg)

500m run between each

Practice transitions. 80% effort throughout.

☐ **SATURDAY Tempo Run**

Tempo Work:

- 10 min warm-up
- 2x15 min @ threshold
- 3 min easy between
- 10 min cool-down

Threshold = 4:30-4:45/km. Comfortably hard.

☐ **SUNDAY Rest Day**

- Complete 5x800m @ 3:45-4:00/km with full recovery
- Row 250m in under 50 seconds for all 5 rounds

Week 2 introduces power development with 85% squats, box jumps, and VO2 Max intervals at 3:45-4:00/km. You'll hit maximum effort on rowing and skiing stations. This week pushes your lactate tolerance and power output significantly higher.

This week: Peak volume with strength endurance circuits and 6x1km lactate work. Heavy sled practice at full race weights (102kg/152kg). EMOM density training improves station efficiency. Long run with surges builds race-specific endurance.

☐ **MONDAY** **Strength Endurance**

Circuit Training:

3 Rounds:

- 12 Back Squats (60kg/80kg)
- 15 KB Swings (24kg/32kg)
- 20 Box Step-ups (50cm)
- 15 DB Rows each (16kg/24kg)
- 10 Push Press (12kg/16kg each)

Rest 2 min between rounds

Maintain form when fatigued. Add weight if easy.

☐ **TUESDAY** **Lactate Threshold**

1km Repeats:

- Warm-up 15 min
- 6x1000m @ 4:20-4:30/km
- 90 sec rest
- Cool-down 10 min

Slightly faster than race pace. Stay consistent.

☐ **WEDNESDAY** **Sled + Compromised**

Heavy Sled Work:

5 Rounds:

- 400m Run
- 25m Sled Push (102kg/152kg)
- 25m Sled Pull (78kg/103kg)

Rest 2 min between rounds

Sleds at race weight. Should take 2-3 min total.

☐ **THURSDAY** **Active Recovery**

Recovery:

- 45 min easy bike or swim
- 20 min stretching
- Optional: massage

Tomorrow is hard. Recover fully today.

☐ **FRIDAY** **Station Density**

20 Min EMOM:

Min 1: 15 Wall Balls (6kg)

Min 2: 200m Row

Min 3: 15m Sled Push

Min 4: 10 Burpee Broad Jumps

Repeat 5 rounds

Should finish each minute with 10-15 sec rest.

☐ **SATURDAY** **Long Run + Surges**

60 min run:

- 50 min @ Zone 2
- 5x1 min surges @ 4:00/km
- 1 min easy between

Total: 10-11km

Surges should feel controlled, not max effort.

☐ **SUNDAY** **Rest Day**

- Complete sled work at full race weight (102kg/152kg push)
- Maintain 4:20-4:30/km for all 6x1km intervals

Week 3 is your peak volume week with strength endurance circuits, 6x1km intervals, and heavy sled work at full race weights (102kg/152kg push). Your body adapts to maximum training stress while maintaining quality movement patterns.

This week: Half simulation targeting 40-45 minutes validates fitness. Race pace intervals at exact 4:45/km dial in pacing. Light strength maintenance prevents detraining. 30-minute sustained tempo builds threshold power.

☐ **MONDAY Half Simulation**

Half HYROX Test:

- 1km Run
- 500m SkiErg
- 25m Sled Push (102kg/152kg)
- 1km Run
- 25m Sled Pull (78kg/103kg)
- 1km Run
- 40 Burpee Broad Jumps
- 1km Run

Target: 40-45 minutes

85% effort. This predicts your full race time.

☐ **TUESDAY Recovery + Technique**

Light Day:

- 30 min easy jog
- 3x200m SkiErg (focus form)
- 3x10 Wall Balls (perfect reps)
- Stretching 15 min

Technique focus only. Stay relaxed.

☐ **WEDNESDAY Race Pace Intervals**

Race Pace Work:

- 15 min warm-up
- 4x1km @ 4:45/km
- 2 min rest
- 10 min cool-down

Lock in your race pace. Memorize the feeling.

☐ **THURSDAY Light Strength**

Maintenance:

3 Sets:

- 8 Squats (50kg/70kg)
- 10 Push-ups
- 8 DB Press (10kg/14kg)
- 12 KB Swings (16kg/20kg)

Light and easy

Just maintaining. Don't push hard.

☐ **FRIDAY Station Practice**

Race Weight Practice:

Practice each station:

- 250m SkiErg
- 15m each sled
- 20 Burpees
- 250m Row
- 50m Farmers
- 25m Lunges
- 25 Wall Balls

@ 70% effort

Feel the weights. Practice smooth transitions.

☐ **SATURDAY 30 Min Tempo**

Sustained Tempo:

- 30 min @ 4:30-4:45/km
- No breaks
- Target: 6.5-7km

Last hard effort before race phase.

☐ **SUNDAY Rest Day**

- Complete half simulation in 40-45 minutes
- Hold 4:45/km for all race pace intervals

Week 4 transitions to race specificity with your first half simulation targeting 40-45 minutes. You'll dial in your exact race pace of 4:45/km and practice station transitions. This week validates your fitness improvements before the race-specific phase.

This week: Deadlifts at 1.5x bodyweight maintain maximal strength. 5x1km at exact race pace grooves motor patterns. Half HYROX simulation of stations 1-4 builds confidence. Compromised running at race intensity prepares for fatigue.

☐ **MONDAY Lower Body Power**

Power & Plyo:

- 4x5 Deadlifts (1.5x BW)
- 4x6 Jump Squats (20kg/30kg)
- 3x8 Bulgarian Split Squats (14kg/18kg DBs)
- 3x30 sec Sled Sprint (102kg/152kg)

Rest 3 min between power sets

Explosive on every rep. Add weight if easy.

☐ **TUESDAY Race Pace 1Ks**

Race Pace Training:

- 15 min warm-up
- 5x1km @ 4:45/km
- 90 sec rest
- 10 min cool-down

Must hit every split!

This is YOUR race pace. No faster, no slower.

☐ **WEDNESDAY Half HYROX Sim**

Stations 1-4:

- 1km Run → 1000m SkiErg
- 1km Run → 50m Sled Push
- 1km Run → 50m Sled Pull
- 1km Run → 80 Burpee Broad Jumps
- 1km Run

Target: 42-45 minutes

90% effort. Should feel like race pace.

☐ **THURSDAY Recovery**

Active Recovery:

- 40 min bike or swim
 - 20 min yoga
 - Foam rolling
- HR under 125

Tomorrow is hard. Recover completely.

☐ **FRIDAY Compromised Race Pace**

6 Rounds:

- 500m Run @ 4:45/km
- 1 Station (rotate):
- 15 Wall Balls
- 250m Row
- 20m Farmers Walk
- 10 Burpees

Rest 90 sec between

Maintain exact race pace when tired.

☐ **SATURDAY Zone 2 Long Run**

55 min easy run

- Conversational pace
- HR 130-145
- 8-9km total

Easy aerobic maintenance. No hard efforts.

☐ **SUNDAY Rest Day**

- Execute half HYROX (stations 1-4) in 42-45 minutes
- Maintain exact 4:45/km pace during compromised running

Week 5 emphasizes race practice with half simulations of stations 1-4 and exact pace work. Deadlifts at 1.5x bodyweight maintain your power while compromised running at race intensity builds specific endurance. Target time: 42-45 minutes for half distance.

This week: FULL simulation at 75-85 minutes tests complete race strategy. Speed work at 3:30-3:45/km maintains neuromuscular power. Light strength work prevents staleness. Recovery protocols ensure supercompensation.

☐ **MONDAY Strength Maintenance**

Light Strength:

3 Sets:

- 6 Back Squats (70kg/90kg)
- 8 Bench Press (50kg/70kg)
- 10 DB Rows (14kg/20kg)
- 12 KB Swings (20kg/24kg)

Moderate effort only

Maintaining strength. Don't max out.

☐ **TUESDAY Speed Work**

Fast Intervals:

- 15 min warm-up
- 8x400m @ 3:30-3:45/km
- 90 sec rest
- 10 min cool-down

Faster than race pace. Build leg speed.

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

Complete HYROX:

All 8 stations + 8x1km

Target Times:

- Total: 75-85 min
- Running: 40-44 min
- Stations: 35-41 min

Race weights!

90-95% effort. This is your race rehearsal!

☐ **FRIDAY Easy Recovery**

Light Movement:

- 20 min walk
- 15 min stretching
- Optional: swim

Flush the legs. Very easy only.

☐ **SATURDAY Light Practice**

Station Touch:

2 Rounds @ 60%:

- 200m SkiErg
- 10 Wall Balls
- 100m Farmers
- 5 Burpees

20 min total

Just moving. Stay loose and relaxed.

☐ **SUNDAY Rest Day**

- Complete FULL simulation in 75-85 minutes
- Hit 8x400m @ 3:30-3:45/km with consistent splits

Week 6 features your FULL HYROX simulation targeting 75-85 minutes. Speed work at 3:30-3:45/km maintains leg turnover while recovery sessions ensure adaptation. This is your dress rehearsal - execute your race strategy completely.

This week: Station PR testing validates peak fitness across all domains. 3x2km at race pace builds sustained speed. 95% intensity circuits simulate race fatigue. Final simulation confirms race readiness and strategy.

☐ **MONDAY** **Race Pace 2Ks**

Longer Race Pace:

- 15 min warm-up
- 3x2km @ 4:45/km
- 3 min rest
- 10 min cool-down

Sustained race pace. Should feel controlled.

☐ **TUESDAY** **Station Testing**

Station PRs:

Test max effort:

- 1000m SkiErg (target <4:15)
- 50m Sled Push (target <2:30)
- 1000m Row (target <4:00)
- 75 Wall Balls (target <5:30)

Rest 5 min between

Go for PRs! Record all times.

☐ **WEDNESDAY** **Compromised Circuit**

Race Intensity:

3 Rounds:

- 800m Run @ 4:45/km
- 20 Wall Balls (6kg)
- 15m Sled Push (102kg/152kg)
- 10 Burpee Broad Jumps

Rest 3 min between

95% effort. Last hard workout!

☐ **THURSDAY** **Recovery Run**

30 min easy run

- Very easy pace
- HR under 135
- 4-5km total

Shake out the legs. Stay very easy.

☐ **FRIDAY** **Final Simulation**

Stations 5-8:

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

Target: 40-43 min

85% effort. Feel the rhythm.

☐ **SATURDAY** **Easy Shakeout**

Light Movement:

- 20 min easy jog
- 4x50m strides @ 70%
- 10 min walk

Stay loose. Nothing hard.

☐ **SUNDAY** **Rest Day**

- Achieve station PRs: SkiErg <4:15, Row <4:00, Wall Balls <5:30
- Complete final simulation (stations 5-8) in 40-43 minutes

Week 7 delivers final peak efforts with station PR testing and 95% intensity circuits. You'll complete 3x2km at race pace and final simulation of stations 5-8. After this week, the hard work is done - you're race-ready.

This week: Strategic taper with 50% volume maintains fitness. 6x100m strides at race pace keep nervous system primed. Light station touches maintain movement patterns. Complete rest ensures glycogen storage and freshness.

☐ **MONDAY Easy Run + Strides**

Shakeout:

- 25 min easy run
- 6x100m strides @ race pace
- Full recovery between
- 5 min walk

Feel sharp, not tired. Race pace should feel easy.

☐ **TUESDAY Light Circuit**

2 Rounds @ 50%:

- 200m SkiErg
- 10 Wall Balls (6kg)
- 100m Farmers (16kg/24kg)
- 5 Burpees

Rest 2 min between

Movement practice only. 50% effort max!

☐ **WEDNESDAY Rest Day**
☐ **THURSDAY Race Activation**

Pre-Race Touch:

- 10 min easy jog
- 3x50m builds to race pace
- 5 reps: Wall Balls, Burpees
- 2x100m @ race pace

20 minutes total

Light activation. Visualize tomorrow's success.

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

Race Day Protocol:

- 3 hrs: Breakfast (oats + banana)
- 2 hrs: Light snack + coffee
- 90 min: Arrive venue
- 60 min: Dynamic warm-up
- 30 min: Practice 2-3 stations
- 15 min: Final prep
- 5 min: Strides + visualize

Target: 75-85 minutes

GO DOMINATE! 🔥

Trust your training. Execute YOUR plan. Start controlled!

- Execute taper workouts feeling fresh and powerful
- Complete race in target time: 75-85 minutes (1:15-1:25)

Week 8 is your championship taper with volume dropping to 2-3 hours while maintaining neural activation. Light circuits at 50% effort and 6x100m strides keep you sharp without fatigue. Trust your fitness and execute your plan for a 75-85 minute finish.

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.