8 Week HYROX Training Plan

paceform.fit — free starter schedule. Full 12-week personalized plan at paceform.fit/hyrox-training-plan/

Week 1: zone 2 run 45 min; tempo 3x8 min; full-body strength 4x8

Week 2: long run 60 min; intervals 6x400 m; row + ski erg technique

Week 3: intervals 8x400 m; hybrid 1 km run + sled push x4; hinge 4x6

Week 4: threshold 2x12 min; hybrid run + burpee broad jump + wall balls x4

Week 5: VO2 6x800 m; sled sprints 8x15 m; sandbag lunge + row combo

Week 6: long run 75 min; half simulation (4 stations at race pace)

Week 7: peak — race-pace run 3x10 min; 6-station simulation

Week 8: taper — intervals 4x600 m; shakeout runs; race