Beginner HYROX Training Plan — 8-Week Starter

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

Week 1: 2x easy run 25 min; strength: goblet squat, Romanian deadlift 3x8

Week 2: 2x easy run 30 min; strength: squat, push-up, plank 3x8

Week 3: easy run 30 min; intervals 6x1 min brisk; strength: lunge, row 3x8

Week 4: deload — easy run 25 min; light circuit (rower, air squat, carry)

Week 5: intervals 8x1 min; hybrid 500 m run + 15 wall balls x3; strength

Week 6: tempo 20 min; sled push/pull 6 short sets; core circuit

Week 7: intervals 5x3 min; hybrid run + burpee broad jump x4

Week 8: taper — shakeout runs; 4-station mini simulation at 70% effort