Elite HYROX Training Plan — 6 Days/Week

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

Mon: heavy lower-body strength 5x5 + sled push 6x20 m heavy

Tue: AM threshold run 2x15 min; PM ski erg + row intervals 5x3 min

Wed: easy run 40 min + mobility 20 min

Thu: hybrid 1 km run + station x5 (sled pull, burpee broad jump, carry)

Fri: upper-body strength 4x8 + wall balls 5x30 + sandbag lunge 4x20 m

Sat: long run 75–90 min; alternate weeks full race simulation

Sun: rest

Weeks 1–4 base strength, 5–8 station speed, 9–11 peak, 12 taper + race