

# 12-WEEK HYROX TRAINING PLAN

For Complete Beginners · 4 Days/Week · Free Download

<b>12</b> WEEKS	<b>4</b> DAYS/WEEK	<b>3</b> PHASES	<b>8</b> STATIONS	<b>0</b> EXP. NEEDED
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<b>PHASE 01</b> <b>Base Build</b> Weeks 1-4 Aerobic engine. Light station loads. Zone 2 running.	<b>PHASE 02</b> <b>Integration</b> Weeks 5-8 Race weight. Compromised running. Station combos.	<b>PHASE 03</b> <b>Race Sim</b> Weeks 9-12 Full simulations. Taper week. Race day strategy.
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## REFERENCE

# Official Race Weights

STATION	MEN (OPEN)	WOMEN (OPEN)	DISTANCE / REPS	BEGINNER FOCUS
<b>SkiErg</b>	— No load	—	1,000m (0.62mi)	Stroke rate, lat pull
<b>Sled Push</b>	<b>152kg (335lb)</b>	<b>102kg (225lb)</b>	25m × 2 (82ft)	Low hips, short steps
<b>Sled Pull</b>	<b>152kg (335lb)</b>	<b>102kg (225lb)</b>	25m × 2 (82ft)	Hip drive, not arms
<b>Burpee BJ</b>	—	—	80 reps × 1.8m (6ft)	Chest to floor standard
<b>Rowing</b>	—	—	1,000m (0.62mi)	Legs-hips-arms sequence
<b>Farmers Carry</b>	<b>2×24kg (2×53lb)</b>	<b>2×16kg (2×35lb)</b>	200m (656ft)	Tall posture, even pace
<b>Sandbag Lunges</b>	<b>20kg (44lb)</b>	<b>10kg (22lb)</b>	100m (328ft)	Knee contact every rep
<b>Wall Balls</b>	<b>9kg (20lb)</b>	<b>6kg (14lb)</b>	100 reps / 3m (10ft)	Hip crease below knee

## STRUCTURE

# Your 4 Training Days

DAY	FOCUS	PRIMARY STIMULUS	DURATION
<b>Monday</b>	Functional Strength	Station-specific strength: sled, farmers carry, wall balls, sandbag	50–60 min
<b>Wednesday</b>	Cardio + Stations	SkiErg, rower, running intervals + 2–3 station combos	55–65 min
<b>Friday</b>	Strength + Run	Heavier station work followed by a tempo run	60–70 min
<b>Saturday</b>	Long Session	Long Zone 2 run (Ph.1) → Full station circuit (Ph.2–3)	70–90 min

## < Rest Days — Tuesday, Thursday & Sunday

Active recovery (walking, stretching, mobility) is fine. No extra training sessions — especially in the first 4 weeks. Adaptation happens during rest, not during work.

## PHASE 01 · WEEKS 1-4

# Base Build

Build your aerobic engine without breaking you. Station work at **50–60% of race weight**. All runs in Zone 2 (conversational pace). You will feel like you're going too easy. That's the point.

WEEK 1		BASE BUILD · 50% LOAD
DAY	WORKOUT	NOTES
<b>MON</b> Strength	<b>Functional Strength A</b> — Goblet Squat 4×10 · RDL 3×10 · Farmers Carry 3×30m · Wall Ball 3×15 · Plank 3×45s	~50% race weight · Rest 90s · 50 min
<b>TUE</b> Rest	Rest or light walk / mobility (20 min max)	—
<b>WED</b> Cardio	<b>Cardio + Station Intro</b> — SkiErg 3×250m · Rower 3×250m · Run 20 min Zone 2 · Burpee Broad Jump 3×10	Zone 2 only · Form focus · 55 min
<b>THU</b> Rest	Rest or mobility	—
<b>FRI</b> Str+Run	<b>Strength B + Tempo</b> — Sled Push 4×10m (50%) · Sandbag Lunge 3×10m · Sled Pull 3×10m (50%) · Tempo Run 15 min Zone 3	First sled · Form only · 60 min
<b>SAT</b> Long Run	<b>Long Aerobic Run</b> — 30–35 min Zone 2 · Finish: Farmers Carry 100m + Wall Balls 20 (light)	First compromised finish · 50 min
<b>SUN</b> Rest	Full rest. Non-negotiable.	—

WEEK 2		BASE BUILD · +10% LOAD
DAY	WORKOUT	NOTES
<b>MON</b> Strength	<b>Functional Strength A+</b> — Goblet Squat 4×12 · RDL 3×12 · Farmers Carry 3×40m (+10%) · Wall Ball 3×18 · Plank 3×50s	+10% load · Rest 90s · 50 min
<b>TUE</b> Rest	Rest or walk	—
<b>WED</b> Cardio	<b>Cardio Build</b> — SkiErg 4×250m · Rower 4×250m · Run 25 min Zone 2 · Burpee Broad Jump 3×12	Zone 2 only · 60 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Str+Run	<b>Strength B+</b> — Sled Push 4×15m (55%) · Sandbag Lunge 3×15m · Sled Pull 4×15m (55%) · Tempo Run 18 min Zone 3	More distance · 62 min
<b>SAT</b> Long Run	<b>Long Run + 2 Stations</b> — Zone 2 run 35–40 min · Finish: Farmers Carry 100m + Wall Ball 25 + SkiErg 250m	Add SkiErg · 55 min
<b>SUN</b> Rest	Full rest.	—

WEEK 3		BASE BUILD · SANDBAG INTRO
DAY	WORKOUT	NOTES
<b>MON</b> Strength	<b>Strength A + Sandbag</b> — Goblet Squat 5×10 · RDL 4×10 · Farmers Carry 4×40m · Wall Ball 4×15 · Sandbag Lunge 3×10m (light)	Intro sandbag · 55 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Cardio	<b>Cardio Build</b> — SkiErg 4×300m · Rower 4×300m · Run 28 min Zone 2 · Burpee Broad Jump 4×12	Increasing distance · 65 min
<b>THU</b> Rest	Rest or mobility	—
<b>FRI</b> Str+Run	<b>Strength B + Tempo</b> — Sled Push 5×15m (60%) · Sandbag Lunge 4×15m · Sled Pull 4×20m (60%) · Tempo Run 20 min Zone 3	Build sled confidence · 65 min

<b>SAT</b> Long Run	<b>Long Run + 3 Stations</b> — Zone 2 run 40 min · Finish: SkiErg 500m + Rower 500m + Wall Ball 30	3-station finish · 65 min
<b>SUN</b> Rest	Full rest.	—

## WEEK 4 — DELOAD

RECOVERY · -30% VOLUME

DAY	WORKOUT	NOTES
<b>MON</b> Strength	<b>Strength Deload</b> — Goblet Squat 4×10 · Farmers Carry 3×40m · Wall Ball 3×15 · Sandbag Lunge 3×15m	Peak load · 55 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Cardio	<b>Easy Cardio</b> — SkiErg 3×250m · Rower 3×250m · Easy run 20 min Zone 2 · Burpee Broad Jump 3×10	DELOAD: -30% · 45 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Str+Run	<b>Easy Strength</b> — Sled Push 3×15m (60%) · Sandbag Lunge 3×15m · Sled Pull 3×15m · Easy Run 15 min	Deload volume · 50 min
<b>SAT</b> Long Run	<b>Easy Long Run</b> — Zone 2 run 35 min · Finish: Farmers Carry 100m + Wall Ball 20	Recovery week · 50 min
<b>SUN</b> Rest	Full rest.	—

### ⚡ Zone 2 Running

Keep all Phase 1 runs conversational — you should hold a full conversation while running. This feels too easy. It builds the aerobic base that saves you in stations 6–8 on race day. Athletes who skip Zone 2 always suffer in the back half.

## PHASE 02 · WEEKS 5-8

# Station Integration

Race-weight stations. **Compromised running** starts here — running immediately after heavy stations. Your legs will feel like concrete. That's the adaptation you need for race day.

WEEK 5		FIRST RACE WEIGHT + COMPROMISED RUN
DAY	WORKOUT	NOTES
<b>MON</b> Heavy	<b>Heavy Station Day</b> — Sled Push 5×20m (75%) · Sled Pull 4×20m · Farmers Carry 4×50m (race weight) · Sandbag Lunge 3×20m · Wall Ball 4×20	First race-weight · Rest 2 min · 60 min
<b>TUE</b> Rest	Rest. Legs need it after Monday.	—
<b>WED</b> Combo	<b>Station Combo + Run</b> — 3 rounds: SkiErg 250m → Run 400m → Rower 250m · Burpee BJ 3×20 · Compromised run: 10 min after last station	FIRST COMPROMISED RUN · 65 min
<b>THU</b> Rest	Rest or mobility	—
<b>FRI</b> Str+Run	<b>Strength C + Tempo</b> — Wall Ball 5×20 · Sandbag Lunge 4×20m · Burpee BJ 4×15 · Tempo Run 20 min Zone 3-4	First hard tempo · 65 min
<b>SAT</b> Race Sim	<b>Half-Race Simulation</b> — Run 1km → SkiErg 500m → Run 1km → Sled Push 25m → Run 1km → Rower 500m → Run 1km → Farmers Carry 100m · Cooldown 10 min	4 stations · 4km run · 75 min
<b>SUN</b> Rest	Full rest.	—

WEEK 6		6-STATION RACE SIM
DAY	WORKOUT	NOTES
<b>MON</b> Heavy	<b>Heavy Stations</b> — Sled Push 5×25m (80%) · Sled Pull 5×25m · Farmers Carry 4×50m · Sandbag Lunge 4×20m · Wall Ball 5×20	Increasing distance · 65 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Combo	<b>Station Combo+</b> — 4 rounds: SkiErg 300m → Run 500m → Rower 300m · Burpee BJ 4×20 · Compromised run 12 min	Longer comp. run · 70 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Str+Run	<b>Strength + Tempo</b> — Wall Ball 6×20 · Sandbag Lunge 5×20m · Burpee BJ 5×15 · Tempo Run 22 min	Wall ball volume · 70 min
<b>SAT</b> Race Sim	<b>6-Station Race Sim</b> — Run 1km + SkiErg 500m + Sled Push 25m + Sled Pull 25m + Burpee BJ 40 + Rower 500m + Farmers Carry 100m (1km run between each) · Cooldown 10 min	6 stations · 6km run · 85 min
<b>SUN</b> Rest	Full rest.	—

WEEK 7		7-STATION RACE SIM · NEAR RACE WEIGHT
DAY	WORKOUT	NOTES
<b>MON</b> Heavy	<b>Near Race Weight</b> — Sled Push 5×25m (90%) · Sled Pull 5×25m (90%) · Farmers Carry 5×50m · Sandbag Lunge 4×20m · Wall Ball 5×25	Near race weight · 65 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Combo	<b>Long Combo</b> — 5 rounds: SkiErg 300m → Run 600m → Rower 300m · Compromised run 15 min · Burpee BJ 4×20	Longest intervals yet · 75 min
<b>THU</b> Rest	Rest	—

<b>FRI</b> Str+Run	<b>Strength + Tempo</b> — Wall Ball 6×25 · Sled Push 3×25m (race weight) · Tempo Run 25 min	First full race weight sled · 70 min
<b>SAT</b> Race Sim	<b>7-Station Race Sim</b> — Stations 1–7 at race weight + 7×1km run (SkiErg, Sled Push, Sled Pull, Burpee BJ, Rower, Farmers Carry, Sandbag) · Cooldown 10 min	7 stations · 7km run · 90 min
<b>SUN</b> Rest	Full rest.	—

<b>WEEK 8 — DELOAD</b>		<b>RECOVERY · -30% VOLUME</b>
DAY	WORKOUT	NOTES
<b>MON</b> Deload	<b>Light Stations</b> — Sled Push 3×20m (75%) · Sled Pull 3×20m · Farmers Carry 3×50m · Wall Ball 3×20	DELOAD: -30% · 50 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Light	<b>Easy Combo</b> — 3 rounds: SkiErg 250m → Run 400m → Rower 250m · Compromised run 10 min	Easy effort · 55 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Light	<b>Light Strength</b> — Wall Ball 4×20 · Sandbag Lunge 3×15m · Easy run 15 min	Deload session · 45 min
<b>SAT</b> Recovery	<b>Active Recovery</b> — Easy Zone 2 run 30 min · Mobility 20 min	Recovery only · 50 min
<b>SUN</b> Rest	Full rest.	—

**⚡ Compromised Running**

Your first compromised run will feel awful — legs heavy as concrete, lungs burning faster than usual. This is exactly the stimulus you need. Each session it gets slightly less terrible. By week 9, you'll run out of stations with real confidence.

## PHASE 03 · WEEKS 9-12

# Race Simulation

Full race simulations at race weight. Week 11 tapers — **cut volume 40%, keep intensity**. Week 12 is race week. You are ready.

## WEEK 9 ★ FULL RACE SIM

ALL 8 STATIONS · RACE WEIGHT

DAY	WORKOUT	NOTES
<b>MON</b> Technical	<b>Race-Weight Station Block</b> — All 8 stations at race weight, 1 set each. Focus: perfect form, not speed. No running between stations today.	Technical rehearsal · 60 min
<b>TUE</b> Rest	Rest. You need it before Saturday.	—
<b>WED</b> Intervals	<b>Run Intervals + Light Stations</b> — 6×600m at race pace (90s rest) · 2 rounds: SkiErg 500m + Rower 500m	Race pace effort · 55 min
<b>THU</b> Rest	Rest or 20 min easy walk	—
<b>FRI</b> Activation	<b>Pre-Race Activation</b> — Run 20 min easy · Wall Ball 3×15 (light) · Sled Push 2×10m (light) · Mobility 15 min	Low intensity only · 45 min
<b>SAT ★</b> FULL RACE	<b>★ FULL RACE SIMULATION</b> — 8×1km run + all 8 stations at race weight in sequence: SkiErg → Sled Push → Sled Pull → Burpee BJ → Rower → Farmers Carry → Sandbag → Wall Balls. TIME YOURSELF. This is your benchmark.	100% effort · 60-90 min
<b>SUN</b> Rest	Full rest. You've earned it.	—

## WEEK 10 ★ BEAT WEEK 9

FULL RACE SIM #2

DAY	WORKOUT	NOTES
<b>MON</b> Heavy	<b>Last Heavy Session</b> — Sled Push 5×25m (race weight) · Sled Pull 5×25m · Farmers Carry 5×50m · Wall Ball 6×25 · Sandbag Lunge 5×20m	Last heavy session · 70 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Intervals	<b>Race Pace Intervals</b> — 8×500m at race pace (2 min rest) · Burpee BJ 4×20	Race pace sharpening · 60 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Str+Run	<b>Strength + Tempo</b> — Wall Ball 6×25 · Sled Push 4×20m · Tempo Run 20 min	Second-to-last hard · 65 min
<b>SAT ★</b> FULL RACE	<b>★ FULL RACE SIMULATION #2</b> — All 8 stations at race weight + 8×1km run. Compare to Week 9. You should be 3-8 min faster.	Beat Week 9 · 60-85 min
<b>SUN</b> Rest	Full rest.	—

## WEEK 11 — TAPER

-40% VOLUME · KEEP INTENSITY

DAY	WORKOUT	NOTES
<b>MON</b> Taper	<b>Taper Strength</b> — Sled Push 3×20m · Farmers Carry 3×40m · Wall Ball 3×20 · Sandbag Lunge 3×15m	TAPER: -40% vol · 45 min
<b>TUE</b> Rest	Rest	—
<b>WED</b> Sharp	<b>Short Sharp Intervals</b> — 4×600m at race pace (2 min rest) · SkiErg 3×250m	Sharp, not tired · 40 min
<b>THU</b> Rest	Rest	—
<b>FRI</b> Activation	<b>Final Activation</b> — Run 15 min easy · Wall Ball 2×15 · Mobility 20 min	Final prep session · 35 min

<b>SAT</b> Rest	Rest. Save everything for race day.	—
<b>SUN</b> Rest	Full rest.	—
<b>WEEK 12 ★★ RACE WEEK</b>		<b>GO GET IT</b>
<b>DAY</b>	<b>WORKOUT</b>	<b>NOTES</b>
<b>MON</b> Rest	Rest. Light walk only.	—
<b>TUE</b> Rest	Rest.	—
<b>WED</b> Activation	<b>Race Activation</b> — Run 15 min very easy · Sled Push 2×10m (light) · Wall Ball 2×10 (light) · Dynamic warmup 15 min	Stay sharp · 30 min
<b>THU</b> Rest	Rest. Sleep well tonight.	—
<b>FRI</b> Rest	Rest. Eat well. Hydrate. Pack gear tonight.	—
<b>SAT</b> ★★ RACE DAY	<b>★★ RACE DAY — GO.</b> First km slower than you think. Break Wall Balls into 5×20 sets from the start. Controlled exit from every Roxzone. You are ready.	<b>You are ready.</b>
<b>SUN</b> Recovery	<b>Recovery. You are now a HYROX athlete.</b>	Earned.

### ⚡ Taper Week — Don't Go Too Easy

Cut volume 40% but keep two sessions at race intensity. Athletes who do nothing for 7 days lose sharpness. Two short intense sessions + real rest is the formula. Trust the 11 weeks of work.

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