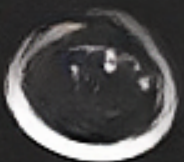


HYROX STARTER

8-WEEK BLUEPRINT

A SCIENCE-BACKED GUIDE
TO STRENGTH, CONDITIONING,
AND RECOVERY



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HYROX 8-Week Blueprint

Training without a plan is just working out. Training with a plan is progress.

Why Structure Matters:

Training randomly won't get you results. A structured plan helps you:

- Increase work capacity
- Improve lactate tolerance
- Build sustainable endurance
- Avoid burnout and injury

By following this progression, you'll hit key physiological thresholds and train in the right zones at the right times.

Understanding Training Zones

Zone	Description	Power (W) Range	Threshold Markers
●	Low-Intensity Endurance	Foundational aerobic work	50–125W Below aerobic threshold
●	Moderate-Intensity	Builds aerobic power & tolerance	125–200W Approaches lactate threshold
●	High-Intensity Intervals	Push anaerobic systems	200W+ Beyond anaerobic threshold

💡 Lactate threshold = the point where fatigue rapidly increases

💡 Aerobic threshold = max sustainable pace using oxygen efficiently

💡 Anaerobic threshold = where lactic acid builds faster than it can clear

Start your HYROX journey with purpose. This 8-week plan is designed to guide everyday athletes through progressive endurance and intensity training, helping you train smarter, not just harder.

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HYROX 8-Week Blueprint

The HYROX Concept

Where Functional Fitness Meets Mass Participation

HYROX is redefining the competitive fitness landscape. By combining functional strength with endurance-based running, HYROX bridges the gap between high-level competition and accessible participation.

Positioning HYROX on the Fitness Map

Event Type	Competition Level 🔥	Accessibility 🌐
CrossFit	High	Moderate
Tough Mudder	Medium	Low
Spartan Race	Medium	Low
Fitness Expos	Low	High
HYROX	High	High

HYROX offers a unique blend of intensity and inclusivity—it’s built for elite performance, but designed so everyday athletes can compete side by side on the same course, with the same standards.

Why HYROX Stands Out

- Combines running + functional fitness in a structured race format
- Held in global indoor arenas, removing environmental variables
- Consistent format worldwide for predictable training goals
- Supported by major brands and backed by sport science

HYROX 8-Week Blueprint

Welcome to a New Sport: HYROX

A global race format that fuses strength and endurance

HYROX is not just another race — it's a structured challenge that combines running with 8 standardized functional workouts. Designed for accessibility and performance, HYROX is the same race format globally, allowing athletes to train with purpose and compete on equal footing.

The HYROX Race Format

Every race consists of:

1km Run

Followed by 1 Functional Workout

Repeated 8 times

The Workout Sequence:

1km Run ➡ 01. SkiErg

1km Run ➡ 02. Sled Push

1km Run ➡ 03. Sled Pull

1km Run ➡ 04. Burpee Broad Jumps

1km Run ➡ 05. Row

1km Run ➡ 06. Farmers Carry

1km Run ➡ 07. Sandbag Lunges

1km Run ➡ 08. Wall Balls

🏁 Finish

A Sport for All Fitness Levels

- Scaled divisions for all abilities
- Global consistency so you can train smart
- A sense of community and competition in one
- A clear structure to build your performance over time

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HYROX 8-Week Blueprint

HYROX: Built for Every Body

One sport. Multiple paths. Unlimited potential.

Whether you're training solo, with a partner, or as part of a team—HYROX is designed to be **accessible**, **scalable**, and **competitive** for all fitness levels.

DIVISIONS & FORMATS

Individual

Complete the full HYROX race on your own — perfect for personal challenge and benchmark progress.

Doubles

Train and race with a partner. Share the workout stations (in a You-Go-I-Go format) and run each 1km leg together.

Relay (Team of 4)

Each athlete completes 2x 1km runs and 2 stations. Ideal for beginners, corporate teams, or group challenges.

Available Categories:

- Men / Women / Mixed
- Open & Pro Divisions
- Adaptive Divisions
- Age Groups: 16 to 70+
- Global Rankings & World Championships

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HYROX 8-Week Blueprint

WEIGHTS BREAKDOWN

One sport. Multiple paths. Unlimited potential.

Whether you’re training solo, with a partner, or as part of a team—HYROX is designed to be **accessible**, **scalable**, and **competitive** for all fitness levels.

INDIVIDUAL CATEGORIES

Workout	Women	Men	Women Pro	Men Pro
Sled Push	102 kg incl. sled	152 kg incl. sled	152 kg incl. sled	202 kg incl. sled
Sled Pull	78 kg incl. sled	103 kg incl. sled	103 kg incl. sled	153 kg incl. sled
Farmers Carry	2×16 kg	2×24 kg	2×24 kg	2×32 kg
Lunges	10 kg	20 kg	20 kg	30 kg
Wall Balls	75 reps (4 kg)	100 reps (6 kg)	100 reps (6 kg)	100 reps (9 kg)

DOUBLES CATEGORIES

Workout	Women	Men	Mixed
Sled Push	102 kg incl. sled	152 kg incl. sled	152 kg incl. sled
Sled Pull	78 kg incl. sled	103 kg incl. sled	103 kg incl. sled
Farmers Carry	2×16 kg	2×24 kg	2×24 kg
Lunges	10 kg	20 kg	20 kg
Wall Balls	75 reps (4 kg)	100 reps (6 kg)	100 reps (6 kg)

HYROX 8-Week Blueprint

What Makes a Great HYROX Athlete?

Qualities That Build the Engine, Drive the Output, and Keep You in the Game. Whether you're aiming for a personal best or a podium finish, top-performing HYROX athletes share a unique combination of physiological, physical, and mental qualities that drive their success.

Physiological Qualities

- High VO2 Max

Elite athletes often aim for 70+ to maximize oxygen efficiency.

- Big Aerobic Engine

Your aerobic system must produce sustained energy for nearly an hour of combined running and functional work.

- Anaerobic Threshold: 85–90% of Max HR

The ability to hold high effort without crashing is a game changer.

Physical Performance Traits

- Speed & Power at Anaerobic Threshold

This is the #1 predictor of HYROX performance.

- Sustained Output

Top athletes can maintain a high pace across all 8 stations and 8 runs.

- Mobility & Efficiency

Essential for high-skill movements like burpee broad jumps and wall balls — good movement saves energy and boosts performance.

Mental Attributes

- Mental Fortitude
- The grit to keep pushing when fatigue hits is what separates contenders from participants.
- Focus & Consistency
- A well-conditioned mindset helps maintain intensity and manage pacing under pressure.

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HYROX 8-Week Blueprint

Understanding the Training Structure

How Tempo, Intensity, and Volume Shape Your HYROX Results

Before diving into your sessions, it's important to understand how this plan is built. Training is more than just doing the work — it's about knowing the why behind it.

TEMPO: How to Read It

In this plan, you'll often see tempo written as a 4-digit number, such as 3110. Each digit represents seconds spent in a part of the movement:

- First number – Eccentric phase (lowering)
- Second – Pause at bottom
- Third – Concentric phase (lifting)
- Fourth – Pause at top

Example:

Squat @ 3110 = 3 sec down, 1 sec pause at bottom, 1 sec up, 0 pause at top. This tempo approach builds control, strength, and injury resilience — and ensures you're not just rushing reps.

RPE: Training Intensity Made Simple

We use RPE (Rate of Perceived Exertion) to guide how hard a session should feel. On a scale of 1–10:

- RPE 9–10: Development Days

High-effort sessions to push your capacity and build power.

- RPE 7–8: Stimulation Days

Controlled output, still intense but lower volume for better recovery.

- RPE 5–6: High-Performance Recovery (HPR)

Easy-to-moderate days. Still moving, but not draining.

⚠ Adjust as needed based on your fitness, recovery, or injuries.

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HYROX 8-Week Blueprint

Weekly Volume: How Much Training Is Involved?

This 8-week program is built around 3–4 sessions per week, each about 60 minutes long.

You'll get:

- Progressive overload each week
- Built-in variation of intensity using RPE
- Flexible options for 3-day or 4-day training weeks

The goal is consistency over intensity — stick to the plan, modify if needed, and watch your capacity build over time.

Now your training has a goal.

HYROX training isn't random. It's precise, structured, and scalable — so whether you're training for your first event or a new PR, this is your roadmap.

HYROX

8 - WEEK

BLUEPRINT

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

Every session has a purpose — here's how it's built

Each workout in your 8-week HYROX plan follows a consistent structure.

1. Warm-Up

The goal of the warm-up is to raise your heart rate, prep your muscles, and get your body ready to perform. Expect mobility, activation drills, and light cardio to kick things off right.

2. Run Component

Each week we'll progressively build your running base. You can run outdoors or on a treadmill (set the incline to 1% for better carryover to outdoor running). The goal: build pacing awareness, improve aerobic capacity, and increase your tolerance for run-work intervals.

3. HYROX Workout Focus

This section mimics the actual HYROX race stations. You'll perform functional movements like lunges, sled pushes/pulls, and wall balls. Start with bodyweight or manageable loads — and scale up as your strength improves. It's not about perfection. It's about progression.

4. Strength/Resistance Training

In some sessions, you'll focus specifically on strength endurance. Use weights that challenge you within the programmed rep range.

- If you can do more reps with good technique, increase the weight.
- If you fall short, reduce the load until you're moving well under fatigue.

5. Cooldown

Every session finishes with a short cooldown to bring your heart rate down, aid recovery, and help your body reset. This might include light aerobic work, mobility, and breathing drills.

Remember: You're not just training for a workout — you're preparing for a race. Stick to the structure, listen to your body, and enjoy the process.

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 1 OVERVIEW

- **FOCUS:**
Foundational strength, aerobic conditioning, and familiarization with movement standards.
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY – STIMULATION RPE 7–8

Warm-Up: Mobility drills + 1km run (progressively increase pace)

Run: 2x 10min runs (Rest 5 mins between)

Hyrox Workouts:

- Rower 1000m
- Lunges 80m (focus on form)
- Strength:

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts	4	12–15	3010	60s
B. Barbell Shoulder Press	3	12–15	3010	60s

- **Cooldown:** 2–3 min recovery breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 1 OVERVIEW

- **FOCUS:**
Foundational strength, aerobic conditioning, and familiarization with movement standards.
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

TUESDAY – DEVELOPMENT RPE 9-10

Warm-Up: Mobility drills + 1km run

Engine Builder:

- 1km Run
- 2000m Bike
- 1000m Ski Erg
- 1000m Row
- 100m Sled Push (50% competition weight if possible)
- Rest 3 mins | Complete 2 Rounds
- Cooldown:
- Recovery posture + breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 1 OVERVIEW

- **FOCUS:**
Foundational strength, aerobic conditioning, and familiarization with movement standards.
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

THURSDAY – STIMULATION | RPE 7–8

Warm-Up: Mobility drills + 1km run

Hyrox Workout:

- 1km Run → 1000m Ski Erg → 1km Run → 50m Sled Push → 500m Run → 1000m Row
- Only rest when needed. Maintain consistency.
- Strength:

Exercise	Sets	Reps	Tempo	Rest
A. Goblet Squats	4	12–15	3010	60s
B. Single Arm Dumbbell Row	3	12–15	3010	60s

- **Cooldown:** 2–3 min recovery breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 1 OVERVIEW

- **FOCUS:**

Foundational strength, aerobic conditioning, and familiarization with movement standards.

- **RPE GOALS:**

- Stimulation (Mon/Thurs): RPE 7-8
- Development (Tues/Fri): RPE 9-10

FRIDAY – DEVELOPMENT | RPE 9-10

Warm-Up: 1km run + mobility drills

Anaerobic Threshold Builder: 4 Sets:

- 6 min AMRAP:

- 350m Ski
- 350m Row
- 350m Run
- 25 Burpees
- 25 Wall Ball Throws
- 30 Bodyweight Lunges
- Rest 3-5 mins Zone 2 Bike

- **Cooldown:** Recovery posture

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 2 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY – STIMULATION | RPE 7–8

Warm-Up: Mobility drills + 1km run

Run: 2x 12min runs (Rest 5 mins)

Hyrox Workouts:

- Ski Erg 1000m
- Farmers Carry 100m (challenging but steady pace)

Strength: 8 - WEEK

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts (KB/Hex/Barbell)	4	12–15	3010	60s
B. Barbell Shoulder Press	3	12–15	3010	60s

- **Cooldown:** Controlled breathing in recovery



HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 2 OVERVIEW

- **FOCUS:**

Gradual volume increase and improved pacing control

- **RPE GOALS:**

- Stimulation (Mon/Thurs): RPE 7-8
- Development (Tues/Fri): RPE 9-10

TUESDAY – DEVELOPMENT | RPE 9-10

Warm-Up: 1km run + mobility drills

Engine Builder:

- 1000m Run
- 1000m Ski Erg
- 1000m Row
- 40m Walking Lunges
- Rest 3 mins | Complete 3 Rounds | Cap workout at 50 mins total
- Cooldown: Controlled breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 2 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

THURSDAY – STIMULATION | RPE 7–8

Warm-Up: Mobility drills + 1km run

Hyrox Workout:

- 1km Run → 1000m Ski Erg → 1km Run → 50m Sled Push → 500m Run → 25m Sled Pull → 500m Run Only rest when necessary. Maintain consistent pacing.

Strength:

Exercise	Sets	Reps	Tempo	Rest
A. Goblet Squat	3	12–15	3010	60s
B. Single Arm L	3	12–15	3010	60s

- **Cooldown:** Recovery breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 2 OVERVIEW

- **FOCUS:**

Gradual volume increase and improved pacing control

- **RPE GOALS:**

- Stimulation (Mon/Thurs): RPE 7-8
- Development (Tues/Fri): RPE 9-10

- **FRIDAY – DEVELOPMENT | RPE 9-10**

- Warm-Up: 1km run + mobility drills

- Anaerobic Threshold Builder: 4 Sets:

- 7 min AMRAP:

- 350m Ski
- 350m Row
- 350m Run
- 25 Burpees
- 25 Wall Ball Throws
- 30 Bodyweight Lunges Rest 5 mins low active
- Cooldown: 2-3 min recovery breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY – STIMULATION | RPE 7-8

Warm-up:

- Mobility drills
- 1km run – gradually increase pace over distance

Run:

- 15 min easy pace
- Rest 5 min
- 15 min steady pace

- 8 - WEEK

Hyrox Workout:

- Sled Push 50m
- Rest 3 min
- 50 Wall Balls (in manageable sets, rest as needed)

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY CONT.. – STIMULATION | RPE 7–8

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts (KE)	4	12–15	3010	60s
B. Barbell Shou	3	12–15	3010	60s

BLUEPRINT

Cooldown:

2–3 min recovery posture breathing – bring HR down to resting

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

TUESDAY – DEVELOPMENT | RPE 9-10

Warm-up:

- Mobility drills
- 1km warm-up run

Engine Builder:

2 Rounds:

- 1000m Run + 25 Wall Balls
- 800m Run + 25 Wall Balls
- 600m Run + 25 Wall Balls
- 400m Run + 25 Wall Balls

- Rest 3 min between rounds

Keep session < 50 mins

Cooldown:

2-3 min in recovery posture, calm HR and breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

THURSDAY – STIMULATION | RPE 7

Warm-up:

- Mobility drills
- 1km run

Hyrox Workout:

- 1km Run
- 1000m Ski Erg
- 1km Run
- 50m Sled Push
- 1km Run
- 25m Sled Pull
- 500m Run
- 40m Burpee Broad Jumps
- Rest only when needed – aim for consistent effort

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

THURSDAY CONT.. – STIMULATION | RPE 7

Exercise	Sets	Reps	Tempo	Rest
A. Goblet Squat	3	12–15	3010	60s
B. Single Arm Pushup	3	12–15	3010	60s

Cooldown:
Recovery breathing – reduce HR gradually

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 3 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

FRIDAY – DEVELOPMENT | RPE 9-10

Warm-up:

- 1km mobility run

Anaerobic Threshold Training:

4 Sets – 8 mins each:

- 350m Ski Erg
- 350m Row
- 350m Run
- 25 x Burpees
- 25 x Wall Balls
- 30 Bodyweight Lunges
- Rest 5 min low-intensity walk

Target HR: ~85-90% MHR

If no monitor, aim to hit 9-10 RPE by end of each round.

Cooldown:

2-3 min deep breathing in a recovery position

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY – STIMULATION | RPE 7-8

Warm-up:

- 1km run + mobility drills

Run:

- 20 min pace
- Rest 5 min
- 20 min strong pace

Hyrox Workout:

- Sled Pull 50m
- Rest 3 min
- Burpee Broad Jumps x 40m
- Rest 3 mins | Complete 2 Rounds

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- FOCUS:**
Gradual volume increase and improved pacing control
- RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY CONT... – STIMULATION | RPE 7–8

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts (KB/Hex/Barbell)	4	12–15	3010	60s
B. Barbell Shoulder Press	3	12–15	3010	60s

Cooldown:
2–3 min recovery posture breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

TUESDAY – DEVELOPMENT | RPE 9-10

Warm-up:

- 1km easy jog + mobility

Engine Builder:

Descending Ladder Format:

- 1500m Run, Row, Ski Erg
- 100m Farmers Carry
- 1000m Run, Row, Ski Erg
- 100m Farmers Carry
- 500m Run, Row, Ski Erg
- 100m Farmers Carry
- 1000m Run to finish

Time Cap: 50 mins

Cooldown:

Recovery posture & breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

THURSDAY – STIMULATION | RPE 7

Warm-up:

- 1km run + mobility prep
-

Hyrox Workout:

- 1km Run
- 1000m Ski Erg
- 1km Run
- 50m Sled Push
- 1km Run
- 25m Sled Pull
- 1km Run
- 40m Burpee Broad Jumps
- 1km Run

Rest only when needed – maintain steady output

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

MONDAY CONT... – STIMULATION | RPE 7–8

Exercise	Sets	Reps	Tempo	Rest
A. Goblet Squats (Kettlebell)	3	12–15	3010	60s
B. Single Arm DB Row (each)	2	12–15	3010	60s

Cooldown:
2–3 min recovery posture breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 4 OVERVIEW

- **FOCUS:**
Gradual volume increase and improved pacing control
- **RPE GOALS:**
 - Stimulation (Mon/Thurs): RPE 7-8
 - Development (Tues/Fri): RPE 9-10

FRIDAY – DEVELOPMENT | RPE 9-10 BY END

3 Sets – 8 minutes each:

- 250m Ski Erg
- 30 Broad Jumps
- 250m Row
- 300m Run
- 80m Farmers Carry
- 20 x Burpees
- 20 x Wall Balls
- Rest: 5 min low active

Compromised Runs:

3 Sets:

- 50 Walking Lunges (BW)
- 30 Bodyweight Squats
- 300m Run
- Rest: 2 min between sets

Cooldown:

Posture breathing + full HR recovery

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 5 OVERVIEW

- **FOCUS:**
Increased mixed-modality workload and compromised efforts
- **THEME PROGRESSION:**
Blending threshold with compromised runs + added farmer's carry emphasis.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY – STIMULATION | RPE 7–8

- Run: 30 min steady effort
-
- HYROX:
 - Ski Erg 1000m
 - Sled Push 50m
 - Burpee Broad Jump 40m (3-min rest between rounds)

Cooldown:

Posture breathing + full HR recovery

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 5 OVERVIEW

- **FOCUS:**
Increased mixed-modality workload and compromised efforts
- **THEME PROGRESSION:**
Blending threshold with compromised runs + added farmer's carry emphasis.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY CONT... – STIMULATION | RPE 7–8

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts (KB/Hex/Barbell)	4	12–15	3010	60s
B. Barbell Shoulder Press	3	12–15	3010	60s

Cooldown:
2–3 min recovery posture breathing

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 5 OVERVIEW

- **FOCUS:**
Increased mixed-modality workload and compromised efforts
- **THEME PROGRESSION:**
Blending threshold with compromised runs + added farmer's carry emphasis.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

TUESDAY – DEVELOPMENT | RPE 9–10

- Engine Builder:
- 1000m Run → 40m Walking Lunges
- 1000m Row → 30m Sled Push
- 1000m Run → 100m Farmer's Carry
- 1000m Ski → 30 Wall Balls
- Rest 2 mins, repeat 2–3 rounds
- Cooldown:
- 2–3 min recovery posture breathing

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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 5 OVERVIEW

- **FOCUS:**
Increased mixed-modality workload and compromised efforts
- **THEME PROGRESSION:**
Blending threshold with compromised runs + added farmer's carry emphasis.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

THURSDAY – STIMULATION | RPE 7–8

- HYROX Workout Circuit:
- 1km Run
- 1000m Ski
- 1km Run
- 50m Sled Push
- 1km Run
- 25m Sled Pull
- 1km Run
- 40m Burpee Broad Jumps
- 500m Run
- 500m Row
- Rest only when needed – aim for consistency

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
— EST. 2014 —

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

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 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

THURSDAY CONT... – STIMULATION | RPE 7–8

Exercise	Sets	Reps	Tempo	Rest
A. KB Goblet Squats	3	12–15	3010	60s

Cooldown:
2–3 min recovery posture breathing

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 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

FRIDAY – DEVELOPMENT | RPE 9–10

- Compromised Runs (4 Rounds):
- 50 Walking Lunges
- 30 Air Squats
- 300m Run
- Rest: 2 mins

- Anaerobic Threshold Sets (3 Rounds):
- 7 min AMRAP:
- 250m Ski
- 30 Broad Jumps
- 300m Run
- 80m Farmer's Carry
- 20 Burpees
- 20 Wall Ball Throws
- Rest 5 mins low active

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
— EST. 2014 —

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 6 OVERVIEW

- **FOCUS:**
Increased mixed-modality workload and compromised efforts
- **THEME PROGRESSION:**
Tactical Endurance & Threshold Conditioning. More sustained power outputs, rotational core integration, and longer run intervals
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY – STIMULATION | RPE 7–8

- Warm-up
- Mobility Drills
- 1km Run, increasing pace every 250m

- Run Block
 - 2 x 18-min run blocks
 - Rest 5 minutes in between
 - First 18 mins: Zone 2/3 pacing
 - Second 18 mins: Slight negative split pace

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
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HYROX 8-Week Blueprint

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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY CONT... - STIMULATION | RPE 7–8

- HYROX Workout
- 3 Rounds (Rest 3 mins between rounds):
- 200m Farmer's Carry
- 30 Wall Balls
- 20 Alt. DB Snatches
- 10 No-push Burpee Box Jump Overs

Exercise	Sets	Reps	Tempo	Rest
A. Deadlifts (KB/Hex/Barbell)	4	12–15	3010	60s
B. Half-Kneeling Landmine Press	3	12–15	3010	60s

Cooldown:
2–3 min recovery posture
breathing

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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

TUESDAY – DEVELOPMENT | RPE 9–10

- Warm-up
- 1km Run
- 2 Rounds:
- 10 Plate Ground-to-Overhead
- 10 Lateral Jump-Overs
- Engine Builder – AMRAP Format
- 2 Rounds:
- Each round = 16 minutes AMRAP, 4-min rest between rounds
- 500m Row
- 400m Run
- 30m Sled Push
- 10 DB Thrusters
- 30m Sled Pull
- 10 Pull-ups or Ring Rows
- Goal: Maintain consistent pace across rounds, push in final 3 mins
- Cooldown
- Stretch hips, hamstrings, thoracic, then nasal-only recovery breathing

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
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HYROX 8-Week Blueprint

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 - Mon/Thu (STIMULATION): RPE 7–8
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THURSDAY – STIMULATION | RPE 7

- Warm-up
- 1km Run
- 3 Rounds:
- 10 Air Squats
- 10 KB Swings
- 10 Banded Good Mornings
- HYROX Circuit (4 Rounds, flow pace)
- 1km Run
- 500m Ski
- 25m Sled Push
- 1km Row
- 25m Sled Pull
- 1km Run
- 20 Broad Jump Burpees
- Only rest where needed
 - goal: steady effort

**ACCELERATE
STRENGTH**

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- RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

THURSDAY CONT... – STIMULATION | RPE 7

Exercise	Sets	Reps	Tempo	Rest
A. KB Goblet Squats	4	12–15	3010	60s
B. Bent-Over DB Rows	3	12–15	3011	60s

Cooldown

Foam roll lower back and glutes
2-3 mins in 90/90 breathing position

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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

FRIDAY – DEVELOPMENT | RPE 9–10 BY END

- Warm-up
- 1km Run
- 2 Rounds:
- 10 Lunge Twists
- 10 DB Overhead Press
- 10 Inchworm to Plank
- Anaerobic Threshold Set
- 3 Rounds:
- 6 min AMRAP:
- 250m Ski
- 15 Burpee Box Jump Overs
- 15 KB Swings
- 20 Wall Balls
- 100m Farmer's Carry
- 30m Shuttle Sprint
- Rest 3 mins active walk between rounds

**ACCELERATE
STRENGTH**

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HYROX 8-Week Blueprint

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 - Tues/Fri (DEVELOPMENT): RPE 9–10

FRIDAY CONT... – DEVELOPMENT | RPE 9–10 BY END

- Compromised Core Finisher
- 3 Rounds (Rest 1 min between rounds):
- 30m Bear Crawl
- 20 Russian Twists (heavy plate)
- 15 Air Squats
- 10 V-Ups

- Cooldown
- Walk 5 mins
- Stretch calves, hip flexors, and lats

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
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HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 7 OVERVIEW

- **FOCUS:**
Introduction of faster-paced transitions and hybrid fatigue under volume. Increased grip demand and midline control.
- **THEME PROGRESSION:**
Transitional stamina, aerobic power intervals, moderate volume mixed-modality pairing, and complex fatigue management.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY – STIMULATION | RPE 7–8

- Warm-up
- Mobility Drills
- 500M Jog + 500M Row

- Run
- 40 mins steady, nasal-only breathing for first 15 mins

- Hyrox Workout
- 75M Farmers carry
- 40M Walking lunges
- 20 Wall balls
- 250M Ski erg
- 15 Cal Assault bike
- Rest 2 mins
- Repeat x3 rounds

- Cooldown
- Controlled breathwork, 2–3 mins in child's pose or supine position

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
— EST. 2014 —

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 7 OVERVIEW

- **FOCUS:**

Introduction of faster-paced transitions and hybrid fatigue under volume. Increased grip demand and midline control.

- **THEME PROGRESSION:**

Transitional stamina, aerobic power intervals, moderate volume mixed-modality pairing, and complex fatigue management.

- **RPE GOALS:**

- Mon/Thu (STIMULATION): RPE 7–8
- Tues/Fri (DEVELOPMENT): RPE 9–10

TUESDAY – DEVELOPMENT | RPE 9-10

- Warm-up
- 1km Run + Dynamic hip/quad openers

- Engine Builder

- Complete for time (Cap 50 mins):

- 1500M Run

- 50M Sled Push

- 20 Broad jumps

- 1000M Row

- 25M Sled Pull

- 750M Run

- 100M Farmers Carry

- 50 Wall Balls

- 500M Ski Erg

- Cooldown

- 3 mins light walk + deep breathing, foam roll quads/lats

**ACCELERATE
STRENGTH**

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- **RPE GOALS:**

- Mon/Thu (STIMULATION): RPE 7–8
- Tues/Fri (DEVELOPMENT): RPE 9–10

FRIDAY – DEVELOPMENT | RPE 9–10 BY THE END

- Mobility Drills + 5 mins Ski Erg building pace every minute
- Compromised Runs
- 3 sets:
 - 300M Run
 - 20 Air Squats
 - 20 Wall Balls
 - 20 Burpees
 - Rest 2 mins
- Anaerobic Threshold Finisher
- AMRAP 7 mins:
 - 10 DB Snatches (alternating)
 - 10 Jumping Lunges (each leg)
 - 20M Sled Push
 - 10 Broad Jumps
 - Rest 5 mins, Repeat x2
- Cooldown
- Box breathing + elevated legs on wall

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
— EST. 2014 —

HYROX 8-Week Blueprint

The Structure of Your Weekly HYROX Sessions

WEEK 8 OVERVIEW

- **FOCUS:**
Final challenge week — extended aerobic/anaerobic crossover intervals and total-body fatigue tolerance.
- **THEME PROGRESSION:**
Peak training volume across movement patterns. Focus on consistent pacing, mental push, and strategic recoveries within work blocks.
- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

MONDAY – STIMULATION | RPE 7-8

- Warm-up
- 500M Row
- 10 Pause Air Squats
- 10 Glute Bridges
- 500M Jog
- Run
- 45 mins – maintain even pacing, slight effort bumps every 10 mins
- Hyrox Work
- 3 Rounds, rest 90 secs between:
 - 20M Sled Pull
 - 250M Ski Erg
 - 15 Wall Balls
 - 40M Walking Lunges
- Cooldown
- Breath control + pigeon pose hold

**ACCELERATE
STRENGTH**

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— EST. 2014 —

HYROX 8-Week Blueprint

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- **THEME PROGRESSION:**
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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

TUESDAY – DEVELOPMENT | RPE 9-10

- Warm-up
- 1km Jog
- Dynamic mobility + low box jump progression

- Engine Builder
- For Time (Cap 45 mins):
 - 1000M Row
 - 30 Jumping Lunges
 - 800M Run
 - 20 Wall Balls
 - 100M Farmers Carry
 - 500M Ski
 - 20 Broad Jumps
 - 50M Sled Push

- Cooldown
- Elevated feet breathing drill + quad smash

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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

THURSDAY – STIMULATION | RPE 7

- Warm-up
- 1km Run
- Controlled tempo push-ups + inchworms

- Hyrox Workout
- 3 Rounds for Consistency:
 - 1000M Row
 - 20 Wall Balls
 - 25M Sled Push
 - 500M Run
 - 20 Burpees
 - 500M Ski
- Only rest if form or pacing falls apart
- Cooldown
- Deep quad stretch and box breathing

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- **RPE GOALS:**
 - Mon/Thu (STIMULATION): RPE 7–8
 - Tues/Fri (DEVELOPMENT): RPE 9–10

FRIDAY – DEVELOPMENT | RPE 9–10 BY THE END

- Warm-up
- Dynamic warm-up + 500M Run + 10 Lunge Twists
- Compromised Runs
 - 5 Rounds:
 - 100M Run
 - 15 Wall Balls
 - 15 DB Power Snatch
 - 15 Burpee Broad Jumps
 - Rest: 90 secs
- Threshold Training
 - AMRAP 6 mins x 2 sets (Rest 5 mins)
 - 20M Sled Push
 - 10 Jump Lunges
 - 20M Farmers Carry
 - 20 Sit-ups
- Cooldown
- Child's pose + supine twists

**ACCELERATE
STRENGTH**

PERFORMANCE FACILITY
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HYROX 8-Week Blueprint

Race Week Guidelines & Final Prep

You've put in the work. Now it's time to sharpen the sword and show up fresh, primed, and ready to perform. Here's how to approach the final 7 days before your HYROX event.

TAPER WEEK STRUCTURE (6-7 Days Out)

The goal is to reduce fatigue without losing sharpness.

- **Reduce volume by ~40-50%**
Keep the movements familiar, but scale back total work (e.g. fewer rounds, shorter runs).
- **Maintain intensity (briefly)**
Keep some short bursts (RPE 7-8) to remind your body how to move fast, but avoid pushing to full fatigue.
- **No heavy lifting**
Skip max lifts or big volume strength work — you're preserving, not building.

Sample Taper Week Plan

- **6 Days Out (Monday)**
30-40 mins light HYROX-style intervals
Example: 3 rounds — 400m run + 500m row + 10 lunges
Focus: flow, movement quality, and nasal breathing
- **4 Days Out (Wednesday)**
20-30 mins active session — ski erg, short run, mobility
Optional: light core work (planks, bird dogs, dead bugs)
- **2 Days Out (Friday)**
Easy 15-20 min movement: light jog + light sled push
Finish with 5-10 mins breathing + mobility
Focus: confidence, clarity, calmness
- **Day Before**
REST or short walk
Hydrate, eat balanced meals, prep your gear.
No training needed.

**ACCELERATE
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