

HYROX Training Plan (Free 8-Week PDF)

HYROX is eight 1 km runs, each followed by a workout station: SkiErg, sled push, sled pull, burpee broad jumps, rowing, farmers carry, sandbag lunges and wall balls. Running takes about half of the race time for the fastest racers and more for everyone else, and the hard part is running well on legs that have just pushed a sled. This free plan trains exactly that over 8 weeks, three days a week: a run, a strength day with the stations, and a session of running straight off the stations. It has three levels, a test to pick yours, the official weights for every division and a PDF.

LENGTH

8 weeks, the last one is race week

DAYS AND MINUTES

3 days a week, 35 to 60 minutes

KIT

A gym with a sled and ergs, or the home swaps below

LEVELS

3, set by your 5 km and how often you train

HYROX stations in race order, with distance and load by division. A 1 km run comes before every station. Sled weights include the sled.

Station	Women Open	Men Open, Women Pro	Men Pro
1. SkiErg	1000 m	1000 m	1000 m
2. Sled push	50 m, 102 kg	50 m, 152 kg	50 m, 202 kg
3. Sled pull	50 m, 78 kg	50 m, 103 kg	50 m, 153 kg
4. Burpee broad jumps	80 m	80 m	80 m
5. Rowing	1000 m	1000 m	1000 m
6. Farmers carry	200 m, 2 × 16 kg	200 m, 2 × 24 kg	200 m, 2 × 32 kg
7. Sandbag lunges	100 m, 10 kg	100 m, 20 kg	100 m, 30 kg
8. Wall balls	100 reps, 4 kg ball	100 reps, 6 kg ball	100 reps, 9 kg ball

Which weights you race in Doubles and Relay, from the 2026/27 rulebooks.

Division	Weights
Doubles Women	Women Open column
Doubles Men, Doubles Mixed, Doubles Women Pro	Men Open, Women Pro column
Doubles Men Pro	Men Pro column
Relay Women	Women Open column
Relay Men	Men Open, Women Pro column
Relay Mixed (2 women, 2 men)	Each racer at their own weights, women's or men's

The level test

Your level depends on your running and your training now, not on whether you have raced before. Before week 1, run 5 km on a flat route at an even pace and time it. Then count how many days a week you have actually trained over the last 3 months. HYROX's own level questionnaire asks much the same: how often you train, how far you can comfortably run and how many push-ups you can do. If you sit between two levels, take the lower one. If you trained regularly in the past but have had 3 months or more off, take Training regularly and do week 4, the lighter week, before you start week 1.

New to training	You cannot run 5 km without walking yet, or you train fewer than 2 days a week.
Training regularly	You run 5 km without stopping and have trained at least 2 days a week for 3 months.
Chasing a time	You run 5 km in under 25 min, train at least 3 days a week and have finished a HYROX.

Session A: Run

Pace on fresh legs · 35 / 50 / 55 min

Warm up for 10 minutes: 5 minutes of easy jogging, 10 walking lunges and 10 leg swings on each side. New to training: run 4 minutes and walk 1, over and over, at a pace you could talk at, then the strides, each one 20 s of relaxed fast running with 60 to 75 s of walking back. Training regularly and Chasing a time: 1000 m repeats at your goal race pace, about the effort you could hold for a half marathon. Jog 90 s between them, or 75 s for Chasing a time. Every repeat should come in at the same split, which means the first should feel too easy. After the run, do the other two rows for your level, with 45 s of rest between sets.

Exercise	New to training	Training regularly	Chasing a time
Run Even effort from the first minute to the last	20 min Easy run/walk (run 4 min, walk 1 min)	5 × 1000 m Run at goal race pace	6 × 1000 m Run at goal race pace
After the run Strides smooth, never a sprint. Dead bugs slow, back flat	4 × 20 s Strides (walk back between)	3 × 8 per side Dead bug	3 × 8 per side Dead bug
Standing calf raise Full range, pause at the top	2 × 12	3 × 15	3 × 15

Session B: Strength and stations

Squat, hinge, pull and push, then the sled circuit · 50 / 55 / 60 min

Warm up for 10 minutes on a rower or bike, then do two light sets of your squat. Lift first, while you are fresh. Rest 2 min between squat sets (2.5 min on the back squat) and 2 min between deadlift sets. Do the pull and the push-ups as a pair, resting 90 s after both. End every set with reps to spare: about 4 for New to training, 3 for Training regularly, 2 for Chasing a time. Then the station circuit: sled push, sled pull, carry and wall balls back to back as one round, with 2 min of rest after each round. In those four rows the first number is rounds. New to training uses a light sled and a lighter ball and learns the low position first. Chasing a time pushes race weight or more. Carry a weight you can hold for the whole distance with a tall chest.

Exercise	New to training	Training regularly	Chasing a time
Squat Hips below the knees, the depth wall balls need	3 × 10 Goblet squat	4 × 6 Back squat	5 × 5 Back squat

Exercise	New to training	Training regularly	Chasing a time
Romanian deadlift Hips back, weight close to your legs	3 x 10	3 x 8	3 x 6
Pull Arms fully straight at the start of every rep	3 x 10 Lat pulldown	3 x 6 Pull-up	3 x 6 Pull-up
Push-up Chest to the floor, like the bottom of a burpee	3 x 8	3 x 12	3 x 15
Sled push Arms long, hips low, short fast steps	3 x 15 m	4 x 20 m	4 x 20 m
Sled pull (rope, hand over hand) Sit low, heels down, hand over hand	3 x 15 m	4 x 20 m	4 x 20 m
Farmers carry (a dumbbell or kettlebell in each hand) Tall chest, quick steps, grip hard	3 x 30 m	4 x 50 m	4 x 50 m
Wall balls Break before your squat depth goes	3 x 10	4 x 15	4 x 20

Session C: Run off the stations

Running on tired legs · 35 / 50 / 60 min

Warm up as for A. Do the four moves straight through as one round, with no rest between them, so the first number in each row is rounds. Then rest: 90 s after each round for New to training, 2 min for the others. New to training runs easy, at a pace you could talk at, and rows 10 calories on the rower's monitor. The other levels run every 1000 m at goal race pace and hold it when the first steps off a station feel heavy. Step back out of the burpee if jumping out costs you, and jump a distance you can repeat. For the lunges, hold a dumbbell at your chest, or put a sandbag across your shoulders the way the race does.

Exercise	New to training	Training regularly	Chasing a time
Run Hold your pace through the heavy first steps	4 x 3 min Easy run	4 x 1000 m Run at goal race pace	5 x 1000 m Run at goal race pace
Erg Strong strokes you could repeat every round	4 x 10 Rower, calories on the monitor	4 x 500 m SkiErg	5 x 500 m SkiErg
Burpee broad jumps Chest down, then a jump you can repeat	4 x 5	4 x 10	5 x 12
Walking lunges with a load Back knee touches softly, stand fully tall	4 x 15 m	4 x 20 m	5 x 25 m

Week by week

Week	Days	What changes
Week 1: learn the sessions	Mon A · Wed B · Fri C	Do every session exactly as the tables say. Write down your squat and sled weights and how long each run takes.
Week 2: a little more	Mon A · Wed B · Fri C	A: 1 more repeat, or 5 min more running for New to training. B and C as written, a little heavier if every set in week 1 ended with reps to spare.
Week 3: harder	Mon A · Wed B · Fri C	A as in week 2, with 60 s jogs. B: a heavier squat and sled than in week 2. C: 1 more round.
Week 4: lighter	Mon A · Wed B · Fri C	A: 1 repeat fewer than in week 1, or 15 min for New to training. B: 2 sets of each lift, 3 of the squat, and 2 station rounds. C: 3 rounds.
Week 5: the second block	Mon A · Wed B · Fri C	A: 1 more repeat than in week 1, with 60 s jogs, or 30 min for New to training. B: heavier than in week 3. C: 1 more round than in week 1.
Week 6: the hardest week	Mon A · Wed B · Fri C	A as in week 5. B: the heaviest squat of the plan. C: 1 more round than in week 5 for New to training. The others keep week 5's rounds and add a 50 m sled push after the first run.
Week 7: race rehearsal	Mon A · Wed B · Fri C	Back to the sets, rounds and minutes of week 1. Run all of C at goal race pace, with your race weight on the lunges. B is your last heavy session before the race.
Week 8: race week	Mon A · Wed C	Monday: A with 3 repeats, or 15 min for New to training. Wednesday: C with 2 easy rounds. No B. Race on Saturday or Sunday.

The full plan, the evidence and the answers to common questions: aionthecoach.com/workout-plans/hyrox-training-plan

Aion Coach for iPhone builds this plan around your week and sets each next session from what you log: apps.apple.com/us/app/aion-coach/id6792793898

When to stop. Stop and get medical help if you have chest pain or pressure, feel faint or dizzy, or are much more breathless than the effort explains. HYROX training mostly hurts the lower body. In a 2026 study that followed 89 racers for 12 weeks, about 3 in 10 had a health problem in any given week, most injuries came from overuse, and the knee was the most common site. So stop a session for sharp knee pain on the lunges, Achilles or calf pain on the sled starts, or back pain on the deadlift or the sled pull, and swap that day's running for an easy walk. Pain that is still there after a week, or comes back every time you run, needs a physiotherapist. Pregnant racers are allowed to race, and HYROX will try to adapt movements or weights if you ask in advance, but talk to your midwife or doctor before you train for it. With a heart condition, high blood pressure or recent surgery, get cleared first.