

**TRAINING PLAN · 1 HOUR A DAY**

# **ONE WEEK OF HYROX TRAINING**

A complete 7-day split for athletes with limited time. Five training days, one active recovery, one full rest. Built for the demands of HYROX: running on cooked legs, station after station.

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# WHY THIS PLAN WORKS.

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About **60% of HYROX is running**. But it's running on cooked legs, after sleds and lunges, with 100 wall balls waiting to finish you. HYROX demands specific preparation. Random workouts don't train that. No other sport comes close enough.

This week is built around three engines: **running capacity** at threshold and zone 2, **strength** that mirrors the stations, and **compromised running**, the skill of holding pace when your legs are already gone. One hour a day. Five training days. One active recovery. One rest.

## Rule 01

5 days of training, 1 active recovery day, 1 full rest day. No exceptions on the rest day, adaptations happen there.

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## Rule 02

Running is the largest piece of HYROX. 3 days are pure running: threshold, easy aerobic, and a long zone 2 effort.

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## Rule 03

One hour per session. Including warm-up. Quality over volume, every minute serves a purpose.

# THRESHOLD RUN.

30-40 min total work at lactate threshold, broken into intervals. Should feel fast but sustainable.

Raising this threshold lets you hold race pace between stations without cracking.

## THE WORKOUT

### 5 × 1,000M THRESHOLD INTERVALS

Run each rep at threshold pace: roughly your hard **10K pace**, or an **8/10 effort**. Walk or jog 1-2 min between sets to let HR drop without going fully cold.

<b>01</b>	Warm-up: 10 min easy jog + 4 × 30s strides	<b>10 MIN</b>
<b>02</b>	1,000m at threshold pace	<b>REP 1</b>
<b>03</b>	1,000m at threshold pace	<b>REP 2</b>
<b>04</b>	1,000m at threshold pace	<b>REP 3</b>
<b>05</b>	1,000m at threshold pace	<b>REP 4</b>
<b>06</b>	1,000m at threshold pace	<b>REP 5</b>
<b>07</b>	Cool-down: 5-10 min easy jog	<b>5-10 MIN</b>

# STRENGTH DAY.

Compound lifts plus station-mirroring strength. Heavy squats and lunges, sled blocks, heavy wall balls.

Make race-weight sleds feel light, build running-specific strength, get faster, stay injury-free.

## THE WORKOUT

### HEAVY STRENGTH + STATION MIRRORS

Choose a weight where you couldn't do **1-2 more reps**. Rest **1-2 min between sets**.

01	Back Squat	3 × 5
02	Barbell Reverse Lunges	3 × 6
03	Romanian Deadlift	3 × 6
04	Pull-Ups (weighted if able)	3 × 6
05	Strict Overhead Press	3 × 6
06	Sled Push	4 × 12.5M
07	Sled Pull	4 × 12.5M
08	Wall Balls (heavy)	3 × 12

# ACTIVE RECOVERY.

30-45 min easy running at zone 2. Should feel almost too easy.

Easy running flushes fatigue from Tuesday’s strength session while quietly adding aerobic volume to your base. Don’t turn it into a workout.

## THE WORKOUT

### OPTION A · EASY RUN + EASY BIKE

- Easy run, conversational pace 40 MIN

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- Easy bike, low resistance 20 MIN

## THE WORKOUT

### OPTION B · EASY RUN + MOBILITY FLOW

After the run, hold each stretch **60s**. Move slowly. Breathe.

- Easy run, conversational pace 40 MIN

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- Low Lunge 60S / SIDE

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- Pigeon Pose 60S / SIDE

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- Runner’s Stretch 60S / SIDE

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- Down Dog 60S

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- Supine Spinal Twist 60S / SIDE

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- Foam roll: quads, glutes, calves 5 MIN

# RACE SIMULATION.

Combines HYROX stations with running at race pace. Shorter than race day. Full simulations are too costly to recover from in a one-hour split.

Trains compromised running and station transitions. Exactly what race day demands.

## THE WORKOUT

### 40-MINUTE AMRAP

**As Many Rounds As Possible** in 40 minutes. Move smoothly through transitions, that's the skill being trained. Use the division weights below.

<b>01</b>	Run	<b>800M</b>
<b>02</b>	Row	<b>500M</b>
<b>03</b>	Farmers Carry	<b>50M</b>
<b>04</b>	Sandbag Walking Lunges	<b>25M</b>
<b>05</b>	Wall Balls	<b>25 REPS</b>

## DIVISION WEIGHTS

MOVEMENT	MEN OPEN	MEN PRO	WOMEN OPEN	WOMEN PRO
Farmers Carry	2×24kg	2×32kg	2×16kg	2×24kg
Sandbag Lunges	20kg	30kg	10kg	20kg
Wall Balls	6kg	9kg	4kg	6kg

# HYBRID ENGINE.

Steady, medium effort. Not a high intensity grind. Builds muscular and aerobic endurance under load.

The engine that carries the middle of the race when fatigue starts compounding.

## THE WORKOUT

### 3 ROUNDS · REST 90S BETWEEN ROUNDS

Pick a weight and tempo that feels controlled: a **5-6/10 effort**. The goal is to finish round 3 at the same pace you started round 1.

01	Row	500M
02	KB Swings	15 REPS
03	SkiErg	500M
04	Burpees	10 REPS
05	Bike (Air / Echo)	15 CAL
06	Thrusters	12 REPS

# LONG RUN.

Should feel like a 4-5/10 effort. Slow, but faster than active recovery. You should still be able to hold a conversation, but only just.

Aerobic base makes running feel easier. Done consistently, the runs between stations stop being efforts and start being recovery.

## THE WORKOUT

### 60-75 MIN HIGH ZONE 2 RUN

Stay disciplined on pace. If your HR drifts above zone 2 on hills, walk briefly to bring it back down. The work is in the duration, not the speed.

— Steady run, high zone 2

60-75 MIN

# REST DAY.

No training. Not a light jog. Not a gym session. Just rest.

Adaptations happen on rest days. Skip it and the week stops paying back. The work you did Monday through Saturday only becomes fitness if you let your body absorb it.

## THE WORKOUT

### RECOVER PROPERLY

— Sleep 8+ hours	PRIORITY
— Eat enough protein	1.6-2.0 G/KG
— Hydrate well	DAILY
— Walk if you want, easy and short	OPTIONAL
— Plan next week's sessions	5 MIN

# WANT A PLAN BUILT FOR YOU?

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This week works. But it's **generic**. ROXBASE builds your plan around your week, your gym, and your goal time. Powered by 800,000+ HYROX race results and 9,000+ training studies.

- Built around your week, your gym, and your goal time
- Adapts week to week. Miss a session, hit a PR, the plan adjusts
- Specific pace targets for every run and every interval
- Whether it's your first race or your tenth
- Built by HYROX athletes, for HYROX athletes

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