



WEEK OF HYROX TRAINING

Your 7-Day Blueprint to Build Strength, Speed & Endurance

WHAT IS HYROX?

HYROX is a global fitness race combining running with functional workouts. Participants run 1km, followed by 1 functional exercise station, repeated eight times in total.

WHAT ARE THE FUNCTIONAL WORKOUTS?

1. SkiErg (1,000m)
2. Sled Push (50m)
3. Sled Pull (50m)
4. Burpee Broad Jumps (80m)
5. Rowing (1,000m)
6. Farmers Carry (200m)
7. Sandbag Lunges (100m)
8. Wall Balls (100 reps)

This 7-day training plan blends simulation, strength, engine-building, mobility, and recovery to improve race performance.

WHAT TYPES OF WORKOUTS ARE REQUIRED FOR HYROX TRAINING?

1. **FUNCTIONAL STRENGTH** - Builds raw power for sleds, lunges & wall balls. Stronger = faster.
2. **ENGINE BUILDER** - Boost your capacity to push through every station — longer, harder, smoother.
3. **ANAEROBIC THRESHOLD** - Train on the edge. Improve your ability to stay fast under fatigue.
4. **EASY RUNS** - Light pace, low stress. Keep the legs moving, heart pumping, mind clear.
5. **ACTIVE RECOVERY, MOBILITY & ZONE 2** - Recover smart. Low intensity work that builds your aerobic base without burnout.

Week Overview

- **Day 1:** Strength & Skill (Lower Body Focus)
- **Day 2:** Engine Builder (Intervals + Functional Work)
 - **Day 3:** Active recovery + Mobility
 - **Day 4:** Anaerobic Threshold
- **Day 5:** Strength & Ergs (Upper Body Focus)
 - **Day 6:** Easy run
 - **Day 7:** Rest

DAY 1: Strength & Skill (Lower Body Focus)

- Back squat 10-12, 8-10, 6-8, 4-6 reps (increase weight each set) – 2 min rest
- RDL 10-12, 8-10, 6-8 reps (increase weight each set) – 2 min rest
- Hip Trust 3x 6-8 reps – 2 min rest
- Bulgarian Split Squats 3x 8-10 reps – 90s rest
- Single leg Hamstring curl 3x 10-12 reps – 90s rest

4 rounds:

- Sled push 10m (competition weight)
- Wallballs 25x (competition weight)

DAY 2: ENGINE BUILDER

Engine builder sessions are designed to increase your aerobic capacity and muscular endurance — essential for sustaining high-intensity effort over the entire HYROX race.

Warm-up:

- 5 min light jog
- Drills: High knees, butt kicks, A-skips

Workout: (3 Rounds)

- Run 800m
- 1,000m Ski Erg or 50-cal assault bike
- 40m Burpee Broad Jumps
- 200m Farmers Carry (2 x 24kg/16kg)

Rest 3 min between rounds.

Cooldown:

- Light jog or walk 5 min
- Stretch shoulders, calves

DAY 3: ACTIVE RECOVERY & MOBILITY

Workout:

- 40-50 min steady Zone 2 cardio (HR ~65-75% max)
 - Choose: Easy run, row, bike, or Ski Erg

Mobility:

- 15-20 min flow: hips, T-spine, hamstrings
 - Movements: Pigeon stretch, couch stretch, cat-cow, thoracic openers

Keep a conversational pace throughout, your breathing should be calm and controlled.

DAY 4: ANAEROBIC THRESHOLD

These workouts push you to the limit where your body starts accumulating lactic acid faster than it can clear it. The goal is to raise your lactate threshold, so you can work at a higher intensity for longer before fatigue sets in.

In HYROX, this helps especially in burpees, lunges, wall balls, and transitions, where your heart rate spikes. Training at this intensity builds your mental and physical tolerance to that burn and teaches your body to buffer and recycle lactic acid more efficiently.

Aim to work at 80-90% of your maximum heart rate (zone 4-5).

Work for 4 minutes minutes, rest for 2 minutes. Complete each workout and run for the remaining of those 4 minutes. Go for 2 whole rounds (2x each exercise).

40m sled push → run (hard pace)
 30 wall balls → run (hard pace)
 400m row → run (hard pace)
 50m burpee broad jumps → run (hard pace)
 40m sled pull → run (hard pace)
 40 walking lunges → run (hard pace)

DAY 5: Strength & Ergs (Upper Body Focus)

Part 1: Upper body

- Barbell row 10-12, 8-10, 6-8, 4-6 reps (increase weight each set) – 2 min rest
- Smith machine military press 10-12, 8-10, 6-8 reps (increase weight each set) – 2 min rest
- Lat pulldown 3x 6-8 reps – 2 min rest
- Dumbbell Hammer Curl 3x 8-10 reps – 90s rest
- Cable Triceps Pulldown 3x 10-12 reps – 90s rest

Part 2: Movements practice

Aim of this mini circuit is to focus on your technique, so keep the intensity low and steady.

2 rounds:

- 1 km Ski Erg – rest 60s
- 1 km Row – rest 60s

DAY 6: EASY RUN

30-60 minutes at a comfortable pace, keeping your heart rate in zones 2-3 (60-75% of your max HR). You should be able to hold conversation easily without feeling out of breath.

DAY 7: REST DAY

TIPS FOR SUCCESS:

HYROX TRAINING

- **Train the Transitions**
Practice going from running directly into functional stations (and back). The smoother your transitions, the more energy you save and the faster your time.
- **Simulate the Race**
At least once, do a modified HYROX simulation to prepare your body (and mind) for the unique challenge of combining running with stations.
- **Master Sleds Early**
Sled push/pull can make or break your race. Get comfortable with heavy loads and focus on technique (low body position, strong drive).
- **Build Your “Engine”**
Prioritize Engine Builder and Zone 2 work to improve endurance. HYROX is long — the bigger your aerobic base, the more consistent your pace.
- **Wall Balls Are Your Closer**
Finish strong by practicing high-volume wall balls under fatigue. Break them into manageable sets and stay mentally locked in.
- **Work on Grip & Core Stability**
Farmer's carries, sleds, rowing — your grip and midline take a beating. Train carries, planks, and rotational core movements regularly.
- **Train with Purpose, Not Just Intensity**
Don't just “go hard” all the time. Mix in strength, recovery, threshold, and mobility days to train smarter and avoid burnout.
- **Fuel & Recover Properly**
HYROX is demanding. Stay consistent with nutrition, hydration, and sleep. Recovery is part of your progress.

HYROX RACE DAY

- **Pace the Runs**
Go out *controlled*. Avoid the urge to sprint the first 1–2km — it'll catch up to you fast. Run steady, not slow.

- **Own the Stations**
Focus on *clean execution* in every workout station. Breathe, don't rush, and stick to your strategy.
- **Practice Transitions**
On race day, transitions can save time. Know where you're going and get there efficiently — jog between stations if needed.
- **Break Up Reps Smartly**
For stations like wall balls or burpees, pre-plan your rep schemes (e.g., 25-25-25 or 20-20-20-20-20) to avoid burnout.
- **Visualize the Course**
Know the race flow: running lanes, station order, rest zones. Walk it before the start if allowed. Familiar = less anxiety.
- **Gear Up Wisely**
Wear comfortable, breathable gear. Grippy training shoes with good lateral support are essential for sleds and burpees.
- **Stay in Your Lane Mentally**
Don't get thrown off by others around you. Focus on *your plan, your pace, your race*.
- **Trust Your Training**
When it gets hard (and it will), remind yourself: you've prepared for this. Keep moving forward.

TAKE YOUR HYROX TRAINING TO THE NEXT LEVEL

Join Balance in Motion today and get your personalised training plan to build strength, endurance, and confidently prepare for your race.

What does Balance in Motion include?

- Workout plan for every fitness goal
- Personalised nutritional plan (macros + meal plans)
- Online physio consultations **for free**
- Educational newsletters
- Weekly check-ins

How to sign up?

Drop me a DM on my socials @balanceinmotioncoach

Send me an email info@balanceinmotioncoach.com

Visit my page <https://balanceinmotioncoach.com>

And let's chat and set you up for success!