12-WEEK HYROX PLAN

A starting point for people who already train and run: change whatever you need. On sleds and sandbag, start below your race weight and build up gradually.

Athlete: _____ **Race date:** _____ **Division:** ☐ Women Open ☐ Men Open ☐ Women Pro ☐ Men Pro

Week	Block	Day 1: quality run	Day 2: specific strength	Day 3: stations + compromised running	Day 4: long run	Done	RPE (1-10)	Notes
1	Base	6 x 400 m at target pace, rest 90 s	Squat 3x8 · Romanian deadlift 3x8 · Barbell row 3x8 · Lunges 3x8	3 rounds: 500 m run + 250 m SkiErg + 250 m row	40 min in zone 2	☐ ☐ ☐ ☐		
2	Base	8 x 400 m at target pace, rest 90 s	Squat 3x8 · Romanian deadlift 3x8 · Barbell row 3x8 · Lunges 3x8	4 rounds: 500 m run + 250 m SkiErg + 250 m row	45 min in zone 2	☐ ☐ ☐ ☐		
3	Base	5 x 800 m at target pace, rest 2 min	Squat 4x6 · Romanian deadlift 4x6 · Barbell row 4x6 · Lunges 4x6	4 rounds: 500 m run + 15 wall balls + 20 m burpee broad jumps	50 min in zone 2	☐ ☐ ☐ ☐		
4	Base (deload)	4 x 800 m at target pace, rest 2 min	Squat 3x6 · Romanian deadlift 3x6 · Barbell row 3x6 · Lunges 3x6	Simulation 1: 4 km run + stations 1 to 4 at half distance	40 min in zone 2	☐ ☐ ☐ ☐		
5	Base	6 x 800 m at target pace, rest 2 min	Squat 4x6 · Romanian deadlift 4x6 · Barbell row 4x6 · Lunges 4x6	4 rounds: 800 m run + 50 m farmers carry + 15 wall balls	55 min in zone 2	☐ ☐ ☐ ☐		
6	Specific	4 x 1 km at target pace, rest 2 min	Sled push 3 x 25 m · Sled pull 3 x 25 m · sandbag lunges 3 x 20 m · Wall balls 3 x 20	4 rounds: 1 km run + 500 m SkiErg	55 min in zone 2	☐ ☐ ☐ ☐		

12-WEEK HYROX PLAN (CONTINUED)

Week	Block	Day 1: quality run	Day 2: specific strength	Day 3: stations + compromised running	Day 4: long run	Done	RPE (1-10)	Notes
7	Specific	5 x 1 km at target pace, rest 2 min	Sled push 4 x 25 m · Sled pull 4 x 25 m · sandbag lunges 4 x 20 m · Wall balls 4 x 20	4 rounds: 1 km run + 25 m sled push + 25 m sled pull	60 min in zone 2	☐ ☐ ☐ ☐		
8	Specific (deload)	3 x 1 km at target pace, rest 2 min	Sled push 2 x 25 m · Sled pull 2 x 25 m · sandbag lunges 2 x 20 m · Wall balls 2 x 20	Simulation 2: 4 km run + stations 5 to 8 at half distance	45 min in zone 2	☐ ☐ ☐ ☐		
9	Specific	6 x 1 km at target pace, rest 90 s	Sled push 4 x 25 m · Sled pull 4 x 25 m · sandbag lunges 4 x 20 m · Wall balls 4 x 20	5 rounds: 1 km run + 20 m sandbag lunges + 20 wall balls	60 min in zone 2	☐ ☐ ☐ ☐		
10	Specific (deload)	20 min at target pace	Sled push 2 x 25 m · Sled pull 2 x 25 m · sandbag lunges 2 x 20 m · Wall balls 2 x 20	Simulation 3: full race, 8 km + 8 stations	40 min in zone 2	☐ ☐ ☐ ☐		
11	Taper	4 x 1 km at target pace, rest 2 min	Squat 2x5 · Romanian deadlift 2x5 · Barbell row 2x5 · Lunges 2x5	3 rounds: 1 km run + 25 m sled push + 15 wall balls (light loads)	35 min in zone 2	☐ ☐ ☐ ☐		
12	Taper	3 x 400 m at target pace, rest 2 min	Mobility and technique, 20 min	Rest or 20 min easy	Race day	☐ ☐ ☐ ☐		

THE 8 HYROX STATIONS

Distances and weights for the singles division, 2026/27 season

No.	Station	Distance	Women Open	Men Open / Women Pro	Men Pro	Best time	Date	Notes
1	**SkiErg**	1,000 m	-	-	-			
2	**Sled push**	50 m (4 x 12.5 m)	102 kg	152 kg	202 kg			
3	**Sled pull**	50 m (4 x 12.5 m)	78 kg	103 kg	153 kg			
4	**Burpee broad jumps**	80 m	-	-	-			
5	**Row**	1,000 m	-	-	-			
6	**Farmers carry**	200 m	2 x 16 kg	2 x 24 kg	2 x 32 kg			
7	**Sandbag lunges**	100 m	10 kg	20 kg	30 kg			
8	**Wall balls**	100 reps	4 kg	6 kg	9 kg			

Sled weights include the sled. Wall ball target height: 2.70 m for women and 3.00 m for men.
Source: HYROX Single rulebook 2026/27. Check it before you race, because it can change every season.
Independent template, not affiliated with HYROX.

SIMULATION LOG

Write down your times after each simulation. The goal is a sample for about 90 minutes: replace it with yours.

Segment	Goal	Simulation 1	Simulation 2	Simulation 3	Notes
Date					
Run 1	5:30				
SkiErg	5:00				
Run 2	5:30				
Sled push	4:00				
Run 3	5:30				
Sled pull	5:00				
Run 4	5:30				
Burpee broad jumps	5:30				
Run 5	5:30				
Row	5:00				
Run 6	5:30				
Farmers carry	2:30				
Run 7	5:30				
Sandbag lunges	5:30				
Run 8	5:30				
Wall balls	7:00				
Roxzone (total)	6:30				
Total run					
Total stations					
Final time					
Average pace per km					
Difference from goal (min)					

RACE DAY SHEET

Print it, fill in your splits and keep it in your bag.

TARGET SPLITS

Segment	90 min sample	My goal	Actual
Run 1	5:30		
SkiErg	5:00		
Run 2	5:30		
Sled push	4:00		
Run 3	5:30		
Sled pull	5:00		
Run 4	5:30		
Burpee broad jumps	5:30		
Run 5	5:30		
Row	5:00		
Run 6	5:30		
Farmers carry	2:30		
Run 7	5:30		
Sandbag lunges	5:30		
Run 8	5:30		
Wall balls	7:00		
Roxzone (total)	6:30		
Final time	**1:30:00**		

WHAT TO BRING

- ☐ Official photo ID and registration confirmation (check-in)
- ☐ Closed-toe shoes: required except on wall balls
- ☐ Race kit and a change of clothes for after
- ☐ If you use them, from start to finish: gloves (no grips), knee sleeves, belt, wrist wraps
- ☐ Gels or race food, carried on you from the start
- ☐ Water and your breakfast

Kept off the course: headphones, phone, cameras and earplugs.

BEFORE YOUR START

- Nothing new on race day: eat and drink what you tested in your simulations.
- Last meal with easy-to-digest carbs, 1 to 4 hours before your start.
- No one can hand you food or drink during the race: there is water every time you pass the Roxzone.
- Write your start time on your arm and wear the chip on your ankle.

MAKE EVERY REP COUNT

Wall balls: Start standing with the ball in your hands, squat with your hips below your knees and hit the target: 2.70 m women, 3.00 m men. No warnings: it counts or it doesn't.

Sled push and sled pull: The whole sled must cross the 12.5 m line before you change direction. On the pull, stand up and don't step on the Racers Box line with the rope in your hand.

Burpee broad jumps: Chest to the floor on every burpee, hands no more than 30 cm from your feet and jump off both feet at once.

Sandbag lunges: Your back knee touches the floor on every lunge and you finish standing. The sandbag stays on your shoulders: don't set it down to rest.

Farmers carry and sandbag: Return them to their zone; kettlebells with the handle up.

Run: Count your laps: that's your responsibility.

On sleds, burpees and lunges, the first fault is a warning and each one after that adds 15 s.

Sources: HYROX Single rulebook 2026/27 and the joint position statement of ACSM, the Academy of Nutrition and Dietetics and Dietitians of Canada on nutrition and athletic performance (2016). Independent template, not affiliated with HYROX.