



FIT VIZ

TRAIN SMARTER. GO FURTHER.

FREE HYROX TRAINING PLAN

12-WEEK + 8-WEEK PRINTABLE PLANS

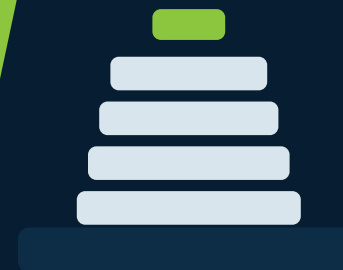
EVERY WEEK WRITTEN OUT. PRINTABLE. NO EMAIL REQUIRED.

A complete race-preparation roadmap for first-timers and experienced athletes.

BUILT AROUND FOUR RACE-DAY DEMANDS

- A RUNNING ENGINE**
Easy, tempo, and race-pace running.
- B STATION ENDURANCE**
Sleds, carries, lunges, and wall balls.
- C WORK UNDER FATIGUE**
Compromised run-plus-station sessions.
- D PACING DISCIPLINE**
Timed simulations and target splits.

RUN
LIFT
PUSH
PULL
REPEAT



1 KM RUN

+

1 STATION

x 8



FULL GUIDE

Scan for the plan,
race format, and
Fit Viz app details.

fitvizpro.com/hyrox

1 WHO THIS HYROX TRAINING PLAN IS FOR

12-WEEK PLAN

First race or first serious race.

You can run 30-40 minutes and train 3-5 days weekly.

8-WEEK PLAN

You already train 4+ days each week.

Use the shorter runway for HYROX-specific sharpening.

Never run before? Add a 4-week walk-run on-ramp before week 1. Racing Doubles? Use the conversion notes on page 6.

2 HOW THE PLAN WORKS

A

EASY RUNS

Build the aerobic engine.

B

STATION STRENGTH

Train race stations as sustained work.

C

COMPROMISED

Pair running with stations under fatigue.

D

TEMPO / INTERVALS

Learn goal pace and repeatability.

BASE

WEEKS 1-4

HYROX-SPECIFIC

WEEKS 5-8

SIMULATION

WEEKS 9-11

TAPER

WEEK 12

3 YOUR FIRST WEEK, WRITTEN OUT IN FULL

DAY A - RUN

30 minutes easy

Use a pace where full sentences are possible.

DAY B - STATIONS

3 rounds

25 m sled push at about half race load; 100 m farmers carry; 25 m walking lunges; 15 wall balls. Rest 2-3 minutes.

DAY C - COMPROMISED

3 rounds

600 m easy run + one station. Rotate the station as the weeks pass.

DAY D - LONG RUN

40 minutes easy

Podcast pace. Finish feeling like you could keep going.

The plan you finish beats the plan you abandon in week 3.

12-WEEK HYROX TRAINING PLAN

A = run session B = station strength C = compromised session D = long run

Swap days freely; keep at least one full rest day between C and D.

Wk	Phase	A - Run	B - Station strength	C - Compromised	D - Long run	Focus
1	Base	30 min easy	Circuit x3: sled light, carries, lunges, 15 wall balls	3 x (600 m run + 1 station, easy)	40 min easy	Learn movements
2	Base	35 min easy	Circuit x3, +1 set wall balls	3 x (800 m + 1 station)	45 min easy	Consistency
3	Base	6 x 2 min tempo / 1 min jog	Circuit x4, sled +10-15 kg	4 x (800 m + 1 station)	50 min easy	First intensity
4	Base (deload)	25 min easy	Circuit x2, light	2 x (800 m + 1 station)	40 min easy	Absorb weeks 1-3
5	HYROX-specific	4 x 1 km @ goal pace / 90 s	Sleds @ about 75% race wt; 200 m carries; 50 lunges	4 x (1 km + 1 station) @ race effort	55 min easy	Race pace enters
6	HYROX-specific	5 x 1 km @ goal pace	Sleds about 85%; wall balls 3 x 25 unbroken goal	5 x (1 km + 1 station)	60 min easy	Volume peak begins

BASE TO SPECIFIC: WHAT SHOULD CHANGE?

WEEKS 1-2

LEARN + REPEAT

Keep runs conversational. Use light station loads and leave each session with clean technique.

WEEKS 3-4

ADD INTENSITY

Introduce short tempo work, add one compromised interval, then deload before the next phase.

WEEKS 5-6

ADD RACE PACE

Run 1 km repeats at goal pace, move sleds toward race load, and extend station density.

READY TO PROGRESS WHEN: easy days stay easy, movement quality holds, and next-day soreness remains manageable.

12-WEEK HYROX TRAINING PLAN

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Swap days freely; keep at least one full rest day between C and D.

Wk	Phase	A - Run	B - Station strength	C - Compromised	D - Long run	Focus
7	HYROX-specific	30 min tempo (10-10-10 build)	Full station circuit @ race weights	6 x (1 km + 1 station)	60 min easy	Race weights
8	HYROX-specific (deload)	25 min easy + strides	Circuit x2 @ 70%	3 x (1 km + 1 station)	45 min easy	Recover, test-ready
9	Simulation	3 x 1 km @ race pace	Weak-station focus (pick 2)	Half simulation: 4 km + 4 stations, timed	50 min easy	First timed sim
10	Simulation	4 x 1 km slightly under race pace	Weak-station focus + grip work	5 x (1 km + 1 station), Roxzone timed	60 min easy	Fix the leaks
11	Simulation	20 min tempo	Light circuit, technique only	Full simulation: 8 km + 8 stations @ about 90%	40 min easy	Dress rehearsal
12	Taper	3 x 800 m @ race pace	1 light touch-up circuit	2 x (500 m + 1 station), crisp	RACE DAY	Arrive fresh

SIMULATION BLOCK: WHAT TO RECORD

1 RUN PACE

Average each 1 km and note the late-race fade.

2 STATION SPLITS

Record start-to-finish time for every station.

3 ROXZONE

Time transitions and total non-work minutes.

4 RPE + RECOVERY

Log effort, fueling, and how you feel 24 hours later.

WEEK 9 - HALF SIM

4 km + 4 stations, timed. Use it to set realistic targets.

WEEK 11 - FULL SIM

8 km + 8 stations at about 90%. Rehearse kit and pacing.

The goal is not to win training. The goal is to expose errors early enough to fix them.

8-WEEK HYROX TRAINING PLAN

Compressed for athletes who already train 4+ days per week.

Wk	Phase	Key sessions (4 days)
1	Specific	4 x 1 km @ goal pace; stations @ 75%; 4 x (1 km + station); 50 min easy
2	Specific	5 x 1 km; stations @ 85%; 5 x (1 km + station); 55 min easy
3	Specific	30 min tempo; race weights circuit; 6 x (1 km + station); 60 min easy
4	Deload	25 min easy; light circuit; 3 x (1 km + station); 45 min easy
5	Simulation	3 x 1 km @ race pace; weak stations; half simulation (timed); 50 min easy
6	Simulation	4 x 1 km; weak stations + grip; 5 x (1 km + station), Roxzone timed; 60 min easy
7	Simulation	20 min tempo; technique circuit; full simulation @ about 90%; 40 min easy
8	Taper	3 x 800 m; touch-up circuit; 2 x (500 m + station); RACE DAY

BENCHMARKS: HOW TO KNOW THE PLAN IS WORKING

Benchmark	Week 1	Mid-plan target	Simulation target
1 km repeat pace (avg of 4)	Baseline	-10 to -15 s/km	Hold race pace all 8
1,000 m row	Baseline	-5 to -8 s	Within 5 s of best, mid-race
Sled push 50 m @ race wt	Broken is OK	Unbroken	Unbroken + on split target
Wall balls unbroken	Baseline	+15 reps	40+ into set one
Roxzone total (sims)	-	<= 10 min (half sim <= 5)	<= 8 min

THREE DAYS A WEEK?

Drop day D and extend day A by 10-15 minutes. Three days works; four to five is ideal.

LOG THE TREND

Repeat benchmarks in week 1, mid-plan, and the final simulation. The trend line predicts race day.

PROGRESSION RULES THAT GOVERN THE GRID

1

EASY-RUN VOLUME

Add about 5 minutes per week inside each phase. Reset at deloads.

2

SLED LOAD

Move from roughly 50-75% of race load toward full race load by week 7.

3

COMPROMISED VOLUME

Add one interval per week. Rotate stations so all eight appear every two weeks.

4

DELOADS

Weeks 4 and 8 reduce total volume by about 40%; intensity does not disappear.

5

SIMULATIONS

Time and record them. Use the results to set realistic race-day splits.

SAFETY NOTE

This plan is general educational information, not medical advice. Adjust volume and loads to your training history, facility access, and recovery. Stop if you experience concerning symptoms and seek qualified medical or coaching guidance when needed.

PACING INSIDE THE PLAN

From week 5 onward, pace goal-pace intervals and simulations by target splits, not by feel. Rehearsed numbers become boring - and boring is what survives race day.

EXAMPLE: 90-MINUTE GOAL

1 km repeats: about 5:45-6:15 | Roxzone budget: <= 8 min

DOUBLES CONVERSION

Keep the same weekly architecture. In station sessions, divide the prescribed work between partners in the way you expect to race. Rehearse handovers, communication, and shared pacing. Confirm the current event rules for your division before race day.

RACE-WEEK PRIORITIES

- ☐ Keep sessions short and crisp.
- ☐ Do not chase missed fitness.
- ☐ Confirm kit, division, and logistics.
- ☐ Arrive rested, fueled, and confident.

Race week protects fitness; it does not create it.

WEEKLY HYROX TRAINING LOG

Print one copy per week. Record the session, result, and one adjustment for next time.

WEEK	PHASE	RACE DATE	GOAL TIME

Session	Planned work	Result / split	RPE (1-10)	Next adjustment
A - Run				
B - Station strength				
C - Compromised				
D - Long run				
Optional / recovery				

WEEKLY WIN

ONE THING TO CHANGE NEXT WEEK
