

4-Week Hyrox Training Plan for Beginners

A simple 4-day-a-week plan for when your race is only 4 weeks away. Free from Fitness Guide Pro.

How this plan works

You train **4 days a week** and rest or walk on the other 3. Every week has the same four sessions, and they get harder each week. Week 4 is a taper so you arrive at the start line fresh.

Session	Purpose	Suggested day
A: Run	Builds your running speed and endurance (Hyrox has 8 x 1 km runs)	Monday
B: Strength + Stations	Builds leg and upper-body strength and teaches the stations	Tuesday
C: Tempo / Steady Run	Builds your aerobic base	Thursday
D: Mini Race Simulation	Practices running tired, which is the heart of Hyrox	Saturday

Is 4 weeks enough?

For a first race where your goal is to **finish**, yes, if you can already run 20 to 30 minutes without stopping and you train a few times a week. Four weeks is not enough to build fitness from zero. If you are starting from scratch, choose a later race date and use a longer plan. Aim to finish smoothly, not to set a personal best.

Effort guide

Term	What it feels like
Easy / steady	You can talk in full sentences. About 5-6 out of 10 effort.
Tempo	Comfortably hard. You can say a few words at a time. About 7 out of 10.
Interval pace	Hard but controlled. About 8 out of 10. You should be able to finish every rep at the same pace.

The 8 Hyrox stations (in race order)

Every Hyrox race is 1 km of running followed by one station, repeated 8 times.

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

Weights depend on your division (Open, Pro, Doubles). Check the official Hyrox website for the current weights for your division.

Before every session

Warm up for 8-10 minutes: easy jogging or rowing, leg swings, bodyweight squats, and a few light practice reps of the movements you are about to do. Finish each session with 5 minutes of easy walking and gentle stretching.

Week 1: Build

Session	Workout
A: Run	5 x 600 m at interval pace, 90 sec walk between. Easy 10 min cool-down.
B: Strength + Stations	Goblet squat 3 x 10, Dumbbell Romanian deadlift 3 x 10, Push-ups 3 x 10, One-arm dumbbell row 3 x 10 each side, Plank 3 x 30 sec. Then 3 rounds: row 250 m + sled push 20 m (or farmers carry 40 m if no sled) + 10 wall balls.
C: Steady Run	25 min easy run.
D: Mini Simulation	3 rounds: 500 m run + 15 wall balls + 20 m lunges + 10 burpee broad jumps. Rest 2 min between rounds.

Week 2: Build

Session	Workout
A: Run	4 x 800 m at interval pace, 2 min walk between.
B: Strength + Stations	Goblet squat 4 x 8, Dumbbell Romanian deadlift 4 x 8, Dumbbell bench or push-ups 4 x 10, One-arm dumbbell row 4 x 8 each side, Plank 3 x 45 sec. Then sled push 4 x 20 m, sled pull 4 x 20 m, farmers carry 4 x 40 m.
C: Tempo Run	5 min easy, 20 min tempo, 5 min easy.
D: Half Simulation	4 x (1 km run + station): SkiErg 500 m, sled push 25 m, sled pull 25 m, burpee broad jumps 40 m. Rest only as needed.

Week 3: Peak

Session	Workout
A: Run	4 x 1 km at the pace you hope to hold in the race, 2 min walk between.
B: Strength + Stations	Same strength work as Week 2 but only 3 sets each. Then 4 rounds: sled push 20 m + sled pull 20 m + 20 wall balls.
C: Steady Run	30 min easy run.
D: Big Simulation	6 x (1 km run + station at half distance): SkiErg 500 m, sled push 25 m, sled pull 25 m, burpee broad jumps 40 m, row 500 m, farmers carry 100 m. This is your longest session, so pace it.

Week 4: Taper and Race Week

Session	Workout
A: Run	4 x 400 m at a relaxed fast pace, 90 sec walk between.
B: Strength + Stations	2 light sets of squats, push-ups, and rows. Then 2 rounds: row 250 m + 10 wall balls. Stop while you still feel fresh.
C: Easy Run	15 min easy run + 4 short strides (20 sec fast, 40 sec easy).
D: Race Day	Rest completely the 2 days before your race. Follow the race-day tips on the next page.

Race-day tips

- **Start slower than you think.** Most beginners run the first 1 km too fast and pay for it by station 5.
- **Eat a familiar breakfast 2-3 hours before.** Do not try new food on race day.
- **Break the wall balls into small sets.** Sets of 10 or 15 with a 3-second breath is better than going to failure.
- **Do not sprint the sled.** Keep a steady, low, driving push and keep moving.
- **Take the roxzone seriously.** Walking quickly between the run and the station is fine. Use it to breathe.
- **Finish is the goal.** For a first race, a smooth finish beats a fast start and a slow collapse.

Quick tracking sheet

Week	A done	B done	C done	D done	Notes
Week 1					
Week 2					
Week 3					
Week 4					

Important: This plan is general fitness information, not medical advice. If you have a health condition, an injury, or you are new to exercise, talk to your doctor before you start. Stop if you feel chest pain, dizziness, or sharp pain.

More Hyrox guides at fitnessguidepro.com