



HYROX

HYROX 8-WEEK STARTER PLAN



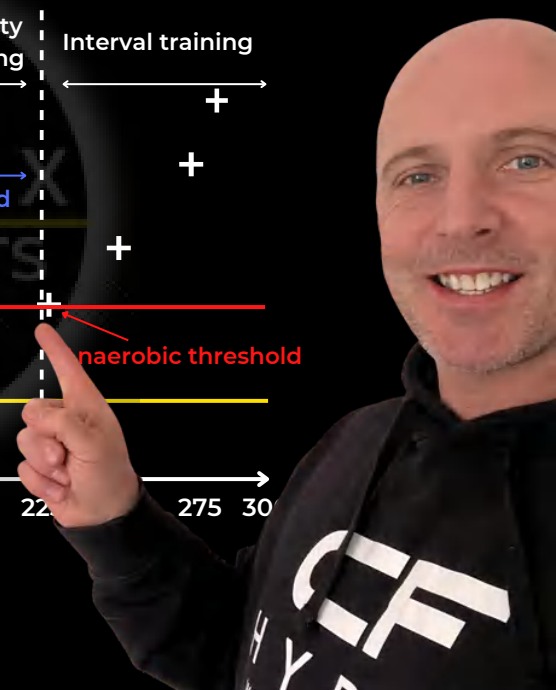
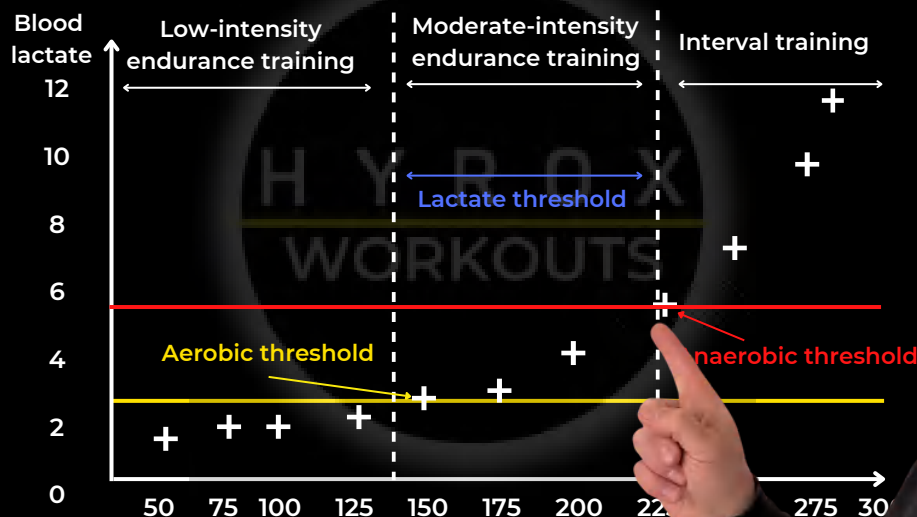
NOW YOUR TRAINING HAS A GOAL



HYROX 8-WEEK STARTER PLAN

Start your Hyrox journey right here!! Training without a plan is just working out. Working to a structured plan you will see yourself develop and improve at a much more effective rate.

By Steve McClory



Before you embark on any physical fitness program, please consult with a doctor.

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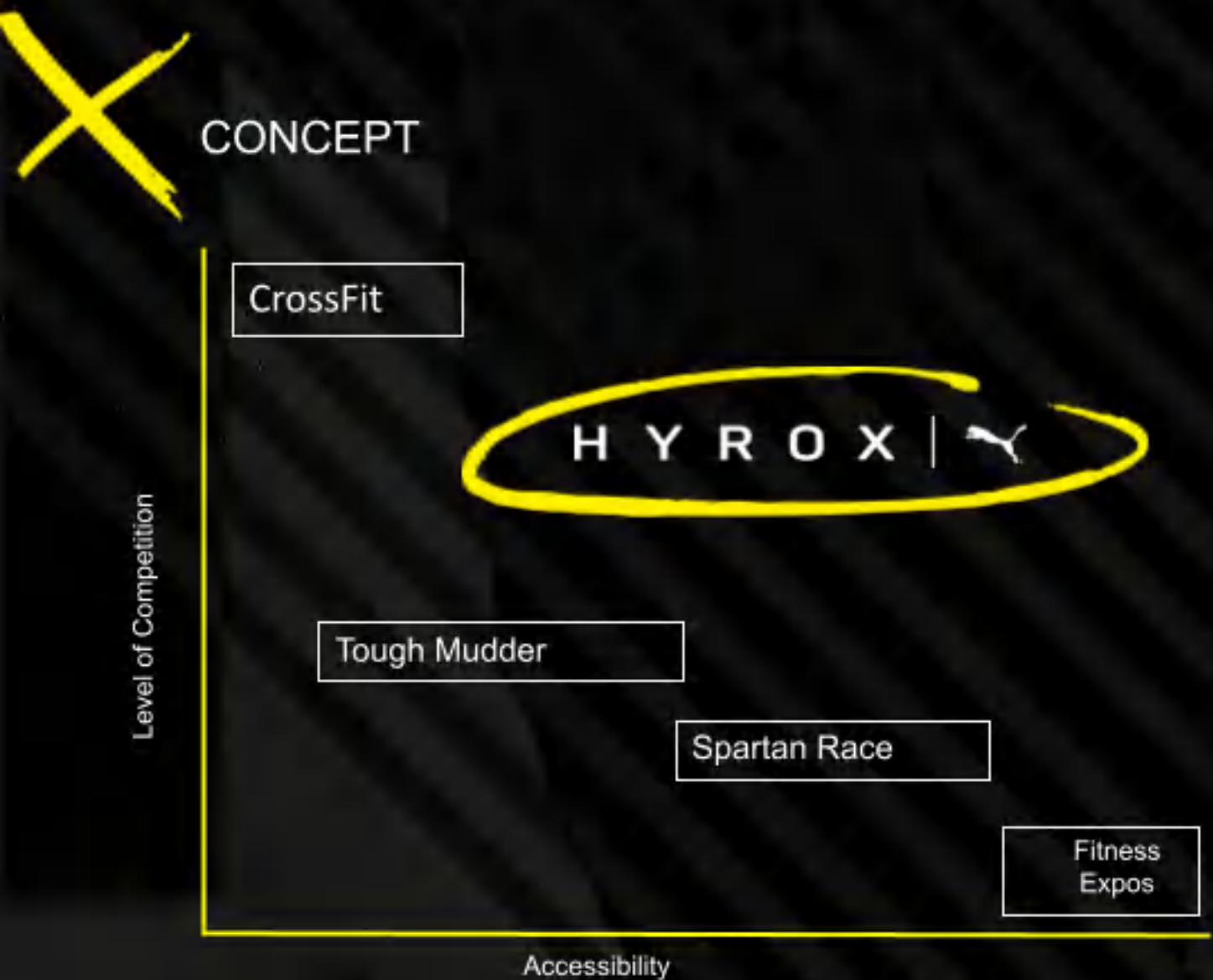


HYROX

WORLD SERIES OF FITNESS



Hyrox Concept



By merging functional fitness and running. HYROX sets itself apart from other successful mass participation events such as marathons or triathlons

8-Week Starter Plan



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Welcome to a new sport

HYROX | 

THE WORLD SERIES OF FITNESS

RACE FORMAT



1000 m
SkiErg



50 m
SLED PULL



1000 m
ROWING



100 m
SANDBAG LUNGES

START

1 km RUN

01

1 km RUN

02

1 km RUN

03

1 km RUN

04

1 km RUN

05

1 km RUN

06

1 km RUN

07

1 km RUN

08

FINISH



50 m
SLED PUSH



80 m
BURPEE BROAD
JUMPS



200 m
FARMERS CARRY



75 or 100 x
WALL BALLS

HYROX is a combination of running and 8 different strength and endurance workouts.

It brings together thousands of participants with varying athletic backgrounds and fitness levels to compete on one course.

[LEARN MORE AT HYROX.COM](https://www.hydrox.com)

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Hyrox is for **EVERYBODY**

The first fitness race for
EVERYBODY

- No qualifying times
- No time-cap
- Weights scaled per division
- Adaptive athlete friendly



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Hyrox Divisions

Single, doubles and team relays.

Pro division

Different age groups (from 16 to 70+).

Global rankings, world championship
continental Championships

Adaptive Divisions

START



START

DOUBLES

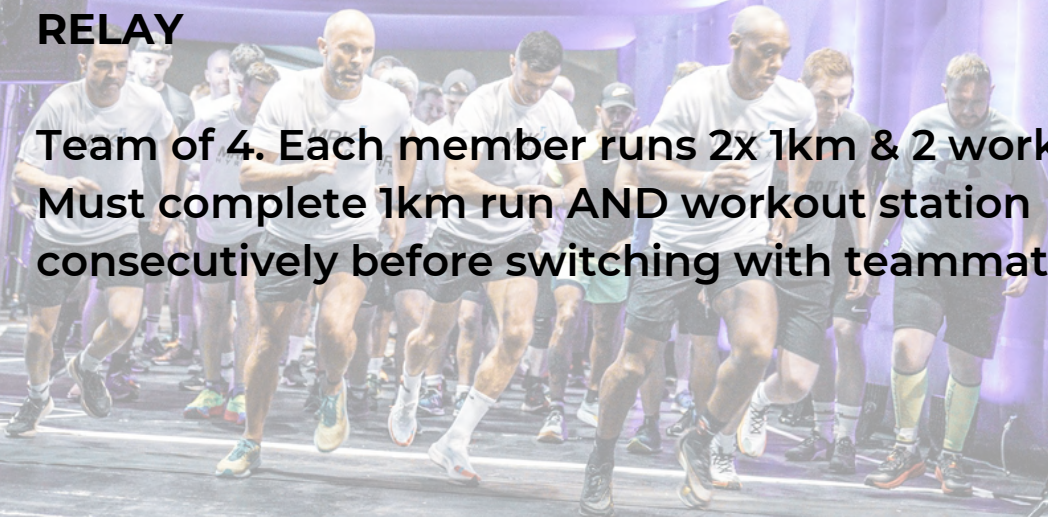
Run together & split the workouts.

Must run close together & workouts done in YGIG format.

RELAY

Team of 4. Each member runs 2x 1km & 2 workouts

Must complete 1km run AND workout station
consecutively before switching with teammate.



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Hyrox Weights

Individual

Workout	Women	Men	Women Pro	Men Pro
Sled Push	102 kg incl. Sled	152 kg incl. Sled	152 kg incl. Sled	202 kg incl. Sled
Sled Pull	78 kg incl. Sled	103 kg incl. Sled	103 kg incl. Sled	153 kg incl. Sled
Farmers Carry	2x 16kg	2x 24kg	2x 24kg	2x 32kg
Lunges	10 kg	20 kg	20 kg	30 kg
Wall Balls	75 reps with 4 kg	100 reps with 6 kg	100 reps with 6 kg	100 reps with 9kg

8-Week Starter Plan



Hyrox Weights

Doubles

Workout	Women	Men	Mixed
Sled Push	102 kg incl. Sled	152 kg incl. Sled	152 kg incl. Sled
Sled Pull	78 kg incl. Sled	103 kg incl. Sled	103 kg incl. Sled
Farmers Carry	2x 16kg	2x 24kg	2x 24kg
Lunges	10 kg	20 kg	20 kg
Wall Balls	75 reps with 4 kg	100 reps with 6 kg	100 reps with 6 kg



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Hyrox Athlete Qualities

A High VO2 max,
aiming for 70+

Big aerobic engine

Anaerobic threshold 85-90%
of max heart rate

Good mobility to support
efficient movements across
certain workouts.

Mainly burpee broad jumps
and wall balls.

How well your aerobic
system can produce the
necessary energy and
power to perform these
movements.

FINISH

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Hyrox Athlete Qualities

Speed or power output at anaerobic threshold is the number one predictor of performance!!

A stylized, glowing blue brain with a network of white lines and dots connecting various points, symbolizing mental strength and cognitive function.

Mentally strong

A well conditioned athlete will be able to sustain a greater speed and power output at anaerobic threshold level. It will ultimately give you a better performance in Hyrox.

08

WALL BALLS

08

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Hyrox Athlete Qualities

Economic in movement patterns and overall body control.

For every movement that you need to perform in Hyrox.

Strength
Strength Endurance
Postural Strength

The less energy it takes you to perform any of the movements the more economically efficient you are.

Therefore you will be able to sustain the power for longer.

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The Training Year

Off-season

In-season

General
Prep

Transition

Specific
Prep

Transition

Season -
Competitions

Transition

General Work Capacity
Strength Development
Structural Balance

HYROX specific Capacity
HYROX specific movements

General

Specific

This programme is to get you into Hyrox and get you comfortable with the training and developing the qualities you need. It'll develop and build up your running, aerobic fitness, movement efficiency, postural strength and a good all round Hyrox developer.

The goal of any block of training is to really develop one aspect (which can affect other positively) while still maintaining everything else. As a beginner you can push up different qualities at once and this is where this programme sits. After this programme you will then want to work on different qualities to develop like the Hyrox 'Improve your running speed 8 week programme' to increase your run speeds while still maintaining everything you have achieved from this programme.

8-Week Starter Plan

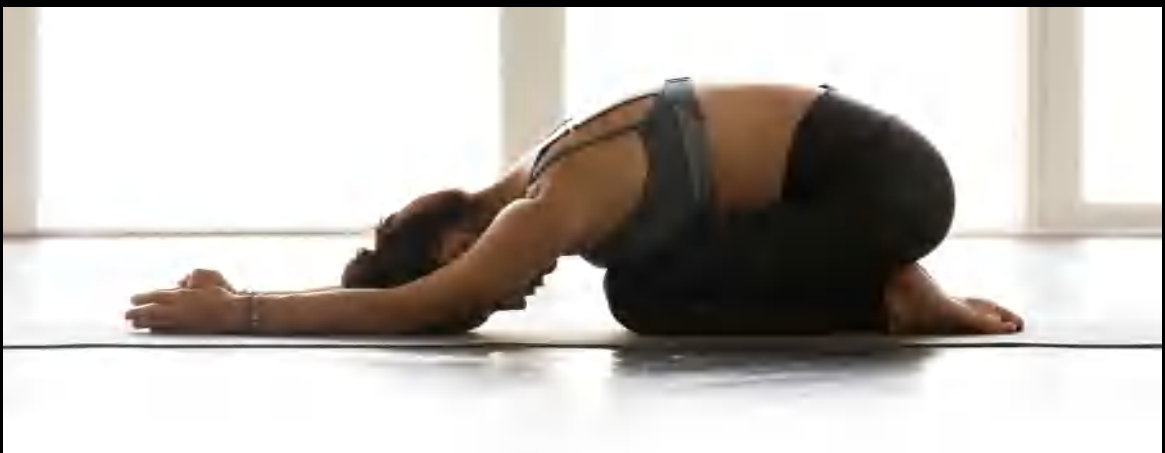
I just want to explain a few of my terminologies:

Supine Breathing - Lying on your back, deep breathing, through your nose and out through your mouth.

Mobilisation - Any drills where you start taking your joints through the range of motions that you are going to need. E.g. lunges, squats or hip stretches done as a controlled movement. You can also do dynamic stretches where you stretch with movement through the joints range. Mobilise the areas that you know are tighter and will be benefited from freeing off. There are a lot of simple and good flow mobility routines on YouTube that you can look at.

Recovery posture can be:

- lying on your back
- lying on your back with your feet up against a wall/box
- child's pose position like this



Active Rest - doing something like walking, a light jog, light row etc.

Terminologies: Tempo

With the weight training there will be a tempo (speed) to it and it will always be expressed as a 4-digit figure. Each number represents the number of seconds in that section of the movement.

1. First Number - Eccentric movement
2. Second Number - Pause after eccentric movement
3. Third Number - Concentric movement
4. Fourth Number - Pause at end of concentric movement

The eccentric lowering phase (this is the part of the exercise that usually feels the easiest) for example the lowering part of the squat.

The first number isn't necessarily the first movement, for example if you were doing standing barbell shoulder press, the first movement would be number 3 (the concentric part) where you push up.

Example - Squat with a 3110 tempo would be, 3 seconds lowering down into the squat, a 1 second pause at the bottom of the squat, 1 second to squat back up, no pause at the top.





Terminologies: RPE

I will use RPE (rate of perceived exertion) on some of the programmes as how the overall demand of each workout will be.

If the RPE is 9-10 it's going to be a development day and will be a tough session where you will develop certain qualities. It will be demanding on your body and the hardest session to recover from.

RPE 7-8 are stimulation days. This doesn't mean you feel like you are working at 7-8 out of 10 for the effort of the whole session. You may have 200M sprints where you will be working at your calculated sprint speed. The effort will feel 9-10 but the volume will be low which will cause the overall effect of the training programme to be a 7-8 RPE, which will be easier to recover from than the development days.

HPRT - High performance recovery sessions are to promote recovery and will be an RPE of 6, therefore 6 out of 10 for overall toughness. There will be max effort short sprints included in these, but again because of the low volume they will be easy to recover and will stimulate blood flow to the working muscles.

You need to take into account any injuries you have, your current level of training and conditioning. You need to listen to your body and make adjustments to this programme where you feel you need to. If anything ever feels too much (or maybe a bit easy) for you then adjust it and work to your level.



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How much training is involved?

This programme is based on someone training 3-4 times a week.

The sessions are all designed to be around an hour long.

They progressively build up over the 8-week period.

Always remember to work to your level and if you need to make it easier then reduce the volume of work you are doing.

Below you will see how to do this as a 4 day a week option, and on the following page the 3 day a week option.

The main thing is to enjoy getting into this training, and if you're anything like me, you'll end up loving it and your training will change to be fully focused on developing your Hyrox times.

WELCOME TO A BRAND NEW SPORTS EVENT

**NOW YOUR TRAINING
HAS A GOAL**

8-Week Starter Plan

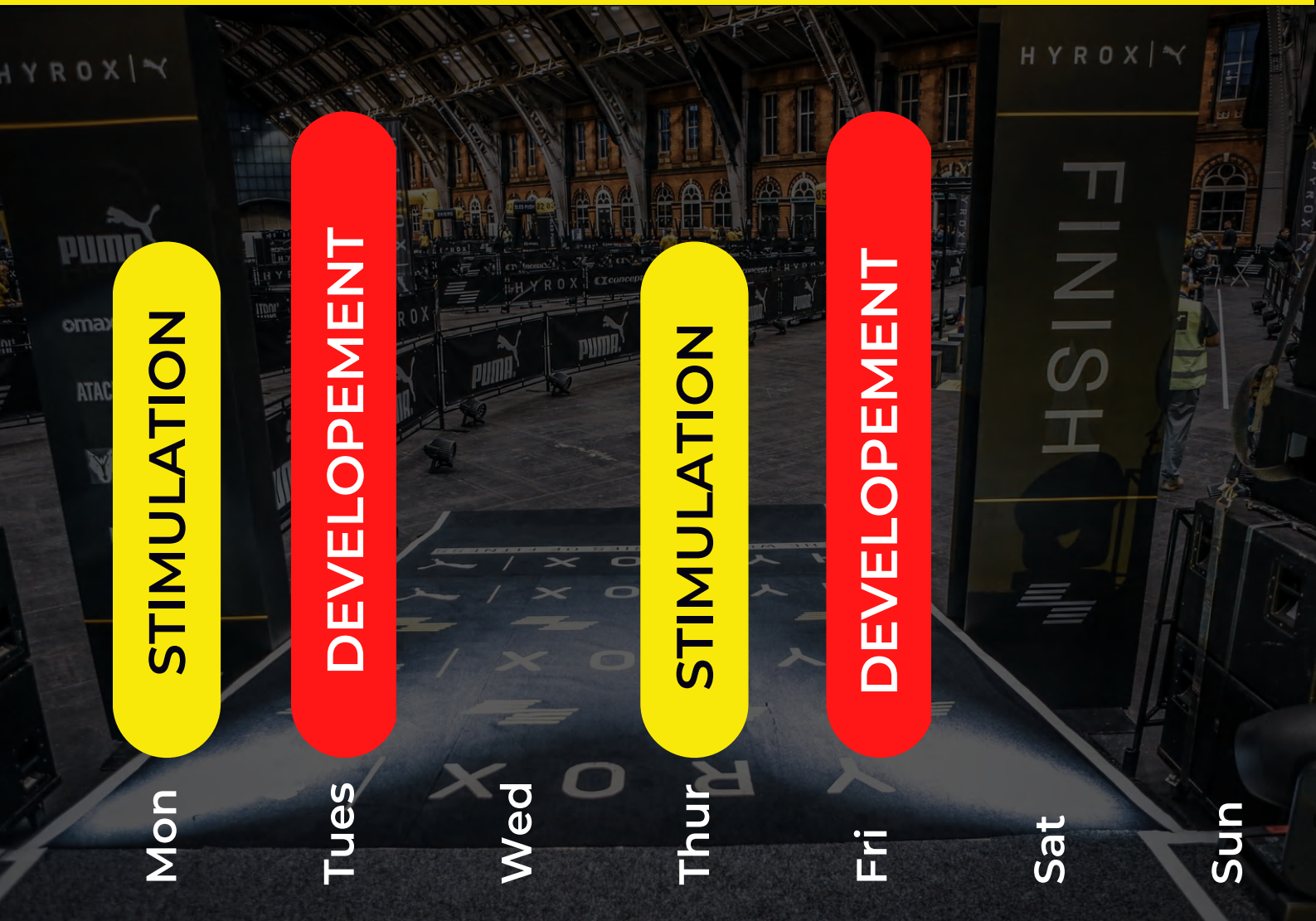


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Option 1: 4 days per week



You will see that the training weeks are split in training days of which there are 2 different types of days.

Development RPE 9-10 (rate of perceived exertion), the days where you push yourself the hardest - expect fatigue the following day from these sessions.

Stimulation RPE 7-8 these are used to prepare you for your development days, they are far from easy but they are definitely far more comfortable than your development days.

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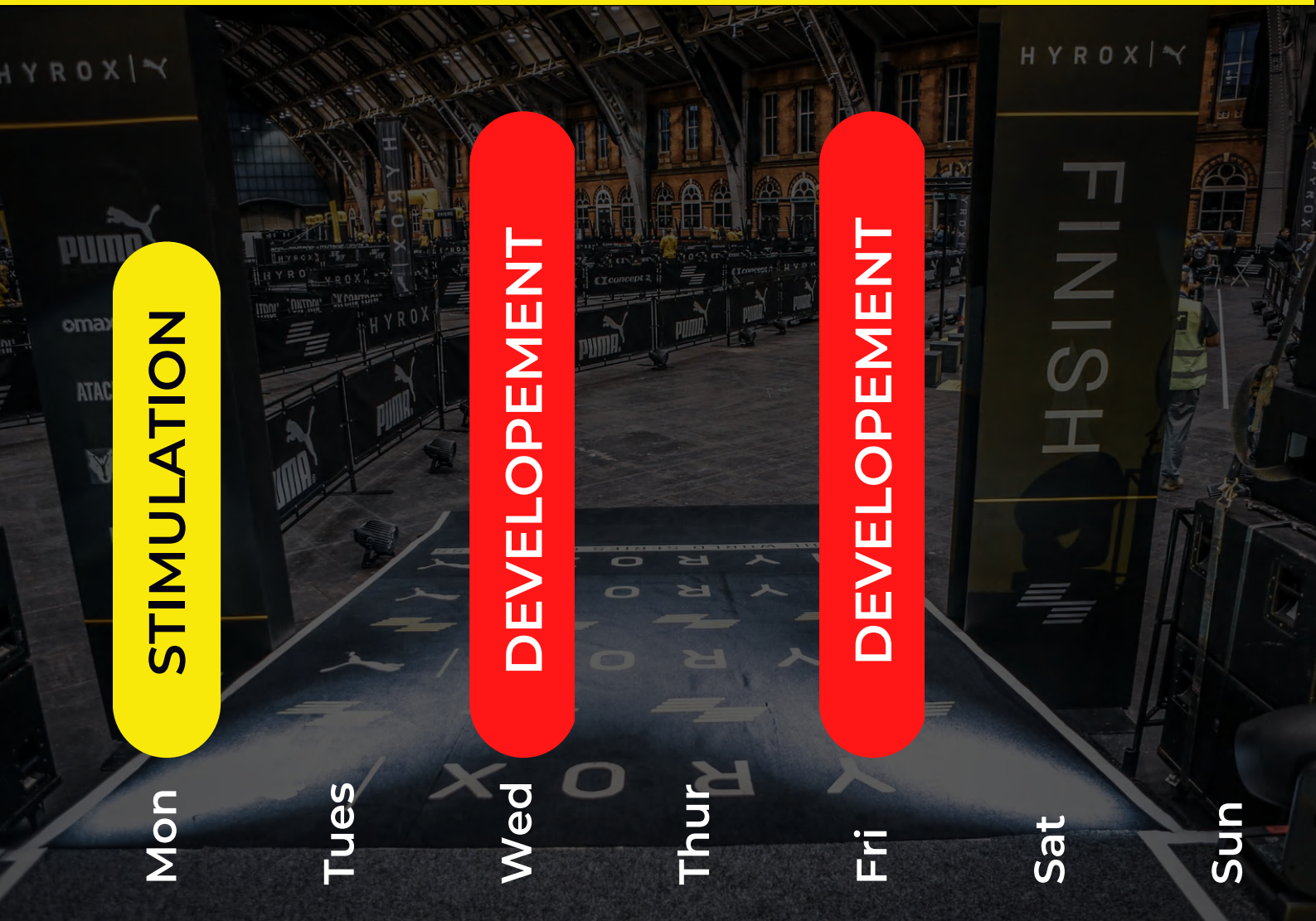


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Option 2: 3 days per week



You will do one of the stimulation days and the two development days. If you have a week where you can do 4 sessions then add in the other stimulation session. Remember to always work to your level.



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Warm-up

The goal of the warm-up is to get your blood pumping more and you ready to start your workout

Run

We're going to gradually build your running up over the 8 weeks. You can run outside or on a treadmill. If you run on a treadmill put the incline at 1.

Hyrox Workouts

This is where we are going to do some of the workouts that are in between the runs on the Hyrox race. The weight to use on these, when needed, is whatever you are comfortable doing. If that means doing walking lunges body weight to start off with then adding some weight over the weeks then perfect. If you can do it at the competition weights then go for it.

With sled pull and push, don't worry if you can't push/pull much weight, start off by getting used to doing the distance with a weight you can manage.

Strength Training

This is where we're going to start building up your strength and strength endurance with weights, or in some programmes, Hyrox movements. The weight you use should be a weight that you can do for the rep range and that challenges you. If you can do more reps than the rep range, with good technique, then you can increase the weight. If you do less, then you need to lower the weight you're using.

Cooldown

I always want you to finish training by bringing your heart rate back down and getting your body straight into recovery mode and feeling good.

8-Week Starter Plan



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Monday

Week 1

STIMULATION

RPE 7-8

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1Km to warm up. Make sure you're fully warmed up to do your runs.

Run

10 mins

Rest 5 mins

10 mins

Hyrox Workouts

Rower 1000m

Rest 3 mins

Lunges 80M

Strength

EXERCISE

A - DEADLIFTS (KB, HEX BAR
OR STRAIGHT BAR)

B - BARBELL SHOULDER PRESS

SETS

4

3

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Tuesday

Week 1

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1km Run

2000m Bike

1000M Ski erg

1000M Row

100M Sled Push (50% Comp weight if you can)

Rest 3 Mins

2 Rounds

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Thursday

Week 1

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km run

1000m Ski erg

1km run

50m Sled Push

500m run

1000M Rower

Only rest when needed
try to keep consistent throughout

Strength

EXERCISE

A - KETTLEBELL GOBLET SQUATS

B - SINGLE ARM DUMBBELL ROW

SETS

4

3

REPS

12-15

12-15

EACH ARM

TEMPO

3010

3010

REST

60 SECS

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Friday

Week 1

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Anaerobic threshold training

Do as much as you can during the 6 minutes.
Start where you finished the 6 mins each time.
This is the session to really push yourself hard.

Sets: 4

Duration: 6 minutes per set

350m Ski erg

350m Row

350m Run

25 x Burpees

25 Wall ball throws

30 Bodyweight lunges

Rest: 5 mins low active

HR: +/- 5bpm of anaerobic threshold

Anaerobic threshold roughly 85-90% MHR

Keep HR within range for entire set. If you don't have a heart rate monitor then it's pushing yourself to 9-10 RPE.

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Monday

Week 2

STIMULATION

RPE 7-8

Warm-up

Mobility Drills
1km run - start slowly and gradually increase the speed over the 1Km to warm up. Make sure you're fully warmed up to do your runs.

Run

12 mins
Rest 5 mins
12 mins

Hyrox Workouts

Ski Erg 1000m
Rest 3 mins
Farmers carry 100M

Strength

EXERCISE	SETS	REPS	TEMPO	REST
A - DEADLIFTS (KB, HEX BAR OR STRAIGHT BAR)	4	12-15	3010	60 SECS
B - BARBELL SHOULDER PRESS	3	12-15	3010	60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



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Tuesday

Week 2

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1000m Run

1000M Ski erg

1000M Row

40M Walking lunges

Rest 3 Mins

3 Rounds

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Thursday

Week 2

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled Push

500m Run

25m Sled Pull

500m Run

Only rest when needed
try to keep consistent throughout

Strength

EXERCISE

A - KETTLEBELL GOBLET SQUATS

B - SINGLE ARM DUMBBELL ROW

SETS

3

3

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

EACH ARM

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Friday

Week 2

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Anaerobic threshold training

Do as much as you can during the 7 minutes. Start where you finished the 7 mins each time. This is the session to really push yourself hard.

Sets: 4

Duration: 7 minutes per set

350m Ski erg

350m Row

350m Run

25 x Burpees

25 Wall ball throws

30 Bodyweight lunges

Rest: 5 mins low active

HR: +/- 5bpm of anaerobic threshold

Anaerobic threshold roughly 85-90% MHR

Keep HR within range for entire set. If you don't have a heart rate monitor then it's pushing yourself to 9-10 RPE.

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

MY SPORT IS HYROX

8-Week Starter Plan



Monday

Week 3

STIMULATION

RPE 7-8

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1Km to warm up. Make sure you're fully warmed up to do your runs.

Run

15 mins

Rest 5 mins

15 mins

Hyrox Workouts

Sled Push 50m

Rest 3 mins

Walls balls x 50 (do in sets of what you can do and rest when needed)

Strength

EXERCISE

A - DEADLIFTS (KB, HEX BAR
OR STRAIGHT BAR)

B - BARBELL SHOULDER PRESS

SETS

REPS

TEMPO

REST

4

12-15

3010

60 SECS

3

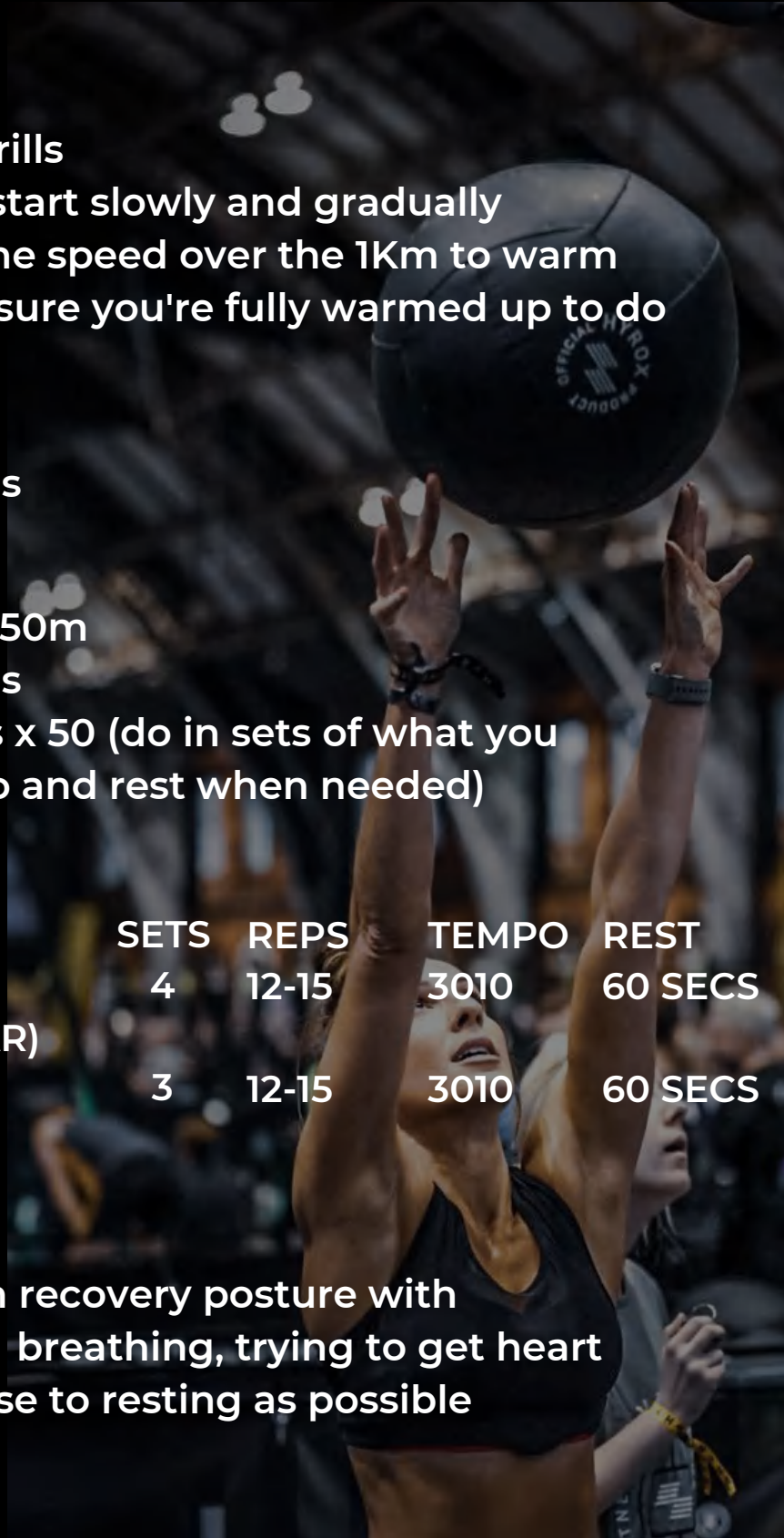
12-15

3010

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible





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Tuesday

Week 3

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1000m Run

25 Wall balls

800m Run

25 Wall balls

600m Run

25 Wall balls

400m Run

25 Wall balls

Rest 3 Mins

2 Rounds

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Thursday

Week 3

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled Push

1km Run

25m Sled Pull

500m Run

40m Burpee broad jumps

Only rest when needed
try to keep consistent throughout

Strength

EXERCISE

A - KETTLEBELL GOBLET SQUATS

B - SINGLE ARM DUMBBELL ROW

SETS

3

3

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

EACH ARM

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Friday

Week 3

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Anaerobic threshold training

Do as much as you can during the 8 minutes.
Start where you finished the 8 mins each time.
This is the session to really push yourself hard.

Sets: 4

Duration: 8 minutes per set

350m Ski erg

350m Row

350m Run

25 x Burpees

25 Wall ball throws

30 Bodyweight lunges

Rest: 5 mins low active

HR: +/- 5bpm of anaerobic threshold

Anaerobic threshold roughly 85-90% MHR

Keep HR within range for entire set. If you don't have a heart rate monitor then it's pushing yourself to 9-10 RPE.

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

WELCOME TO THE HYROX SOCIETY OF FITNESS

8-Week Starter Plan



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Monday

Week 4

STIMULATION

RPE 7-8

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1Km to warm up. Make sure you're fully warmed up to do your runs.

Run

20 mins

Rest 5 mins

20 mins

Hyrox Workouts

Sled Pull 50M

Rest 3 mins

Burpee Broad Jump 40M

Strength

EXERCISE

A - DEADLIFTS (KB, HEX BAR
OR STRAIGHT BAR)

B - BARBELL SHOULDER PRESS

SETS

4

3

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



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Tuesday

Week 4

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1500M Run
1500M Row
1500M Ski erg
100M Farmers Carry
1000M Run
1000M Row
1000M Ski erg
100M Farmers Carry
500M Run
500M Row
500M Ski erg
100M Farmers Carry
1000M Run

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Thursday

Week 4

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled Push

1km Run

25m Sled Pull

1km Run

40m burpee broad jumps

1Km Run

Only rest when needed
try to keep consistent throughout

Strength

EXERCISE

A - KETTLEBELL GOBLET SQUATS

B - SINGLE ARM DUMBBELL ROW

SETS

3

2

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

EACH ARM

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Friday

Week 4

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Anaerobic threshold training

Do as much as you can during the 8 minutes.

Start where you finished the 8 mins each time.

This is the session to really push yourself hard.

Sets: 3

Duration: 8 minutes per set

250m Ski erg

30 Broad jumps

250m Row

300m Run

80m Farmers carry

20 x Burpees

20 Wall Ball throws

Rest: 5 mins low active

HR: +/- 5bpm of anaerobic threshold

Anaerobic threshold roughly 85-90% MHR

Keep HR within range for entire set. If you don't have a heart rate monitor then it's pushing yourself to 9-10 RPE.

Compromised Runs 3 sets

50 Walking lunges body weight

30 Squats body weight

300M run

Rest: 2mins

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Monday

Week 5

STIMULATION

RPE 7-8

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1Km to warm up. Make sure you're fully warmed up to do your runs.

Run

30 mins

Hyrox Workouts

Ski erg 1000M
Sled push 50M
Rest 3 mins
Burpee broad jump 40M

Strength

EXERCISE

A - DEADLIFTS (KB, HEX BAR
OR STRAIGHT BAR)

B - BARBELL SHOULDER PRESS

SETS

4

3

REPS

12-15

12-15

TEMPO

3010

3010

REST

60 SECS

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



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Tuesday

Week 5

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1000m Run	→	40M Walking lunges
1000m Row	→	30m Sled push
1000m Run	→	100M Farmers carry
1000m Ski	→	30 Wall balls

2 minute rest

Repeat 2-3 times

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Thursday

Week 5

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled push

1km Run

25m Sled pull

1km Run

40m Burpee broad jumps

500m Run

500M Rower

Only rest when needed

try to keep consistent throughout

Strength

EXERCISE

A - KETTLEBELL GOBLET SQUATS

SETS

3

REPS

12-15

TEMPO

3010

REST

60 SECS

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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WORLD SERIES OF FITNESS



Friday

Week 5

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Compromised Runs 4 sets

50 Walking Lunges body weight

30 Squats body weight

300M run

Rest: 2mins

Anaerobic threshold training

Do as much as you can during the 7 minutes.

Start where you finished the 7 mins each time.

This is the session to really push yourself hard.

Sets: 3

Duration: 7 minutes per set

250m Ski erg

30 Broad jumps

300m Run

80m Farmers carry

20 x Burpees

20 Wall Ball throws

Rest: 5 mins low active

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan





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Monday

Week 6

STIMULATION

RPE 7-8

Warm-up

Mobility Drills
500M Jog
500M Ski Erg

Run

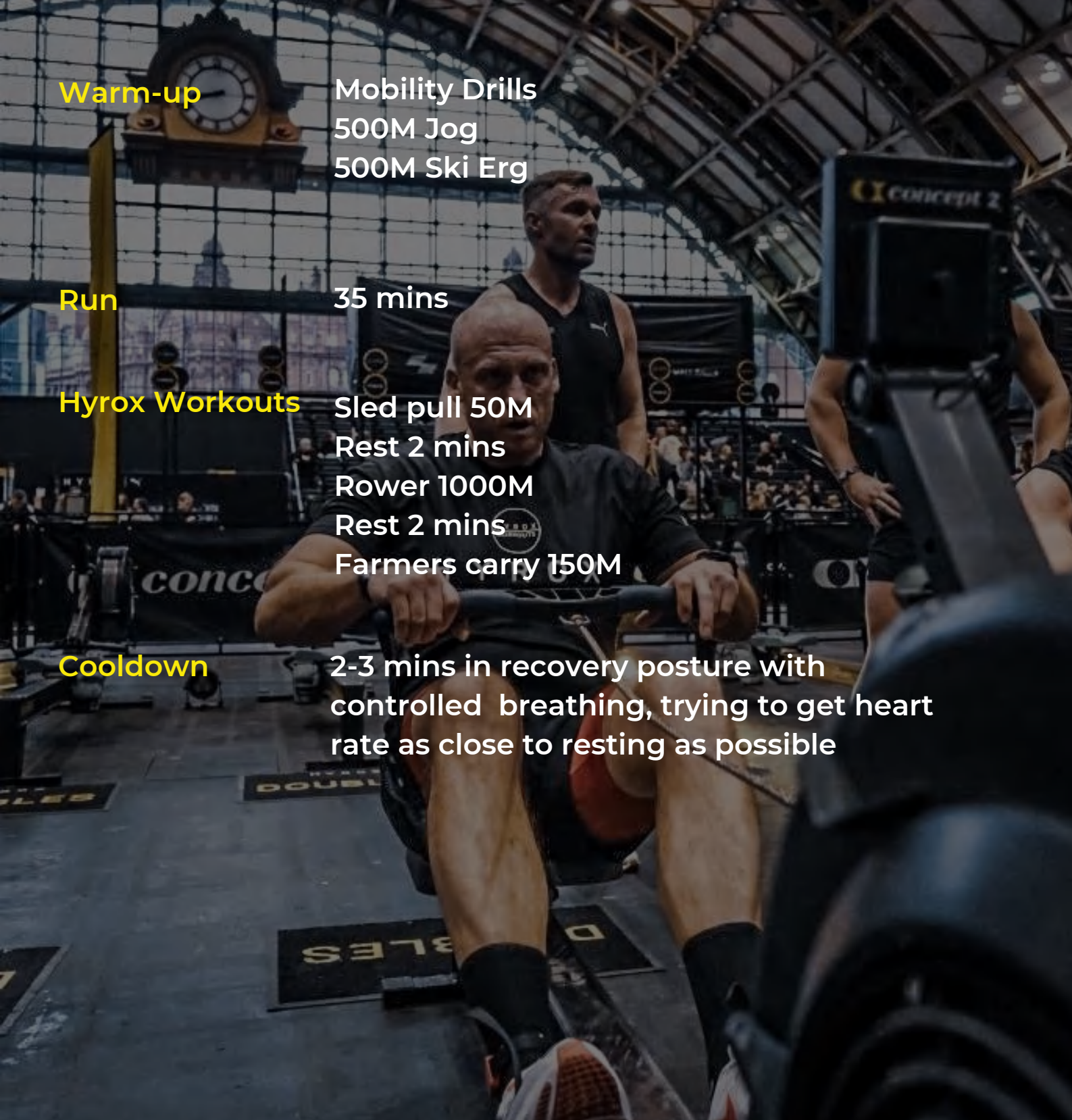
35 mins

Hyrox Workouts

Sled pull 50M
Rest 2 mins
Rower 1000M
Rest 2 mins
Farmers carry 150M

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



8-Week Starter Plan



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Tuesday

Week 6

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

Complete in 10 minutes:

1000m Rower

20 Burpees

Run 400m

75m Farmers carry

30 reverse lunges

25 Wall balls

2 minute rest

Repeat 4 times

if you don't complete it all in 10mins, still start back with the rower each time

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Thursday

Week 6

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled push

1km Run

25m Sled pull

1km Run

40m Burpee broad jumps

500m Run

1000m Rower

500m Run

Only rest when needed
try to keep consistent throughout

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



Friday

Week 6

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Compromised Runs 4 sets

50 Walking Lunges body weight

30 Squats body weight

300M run

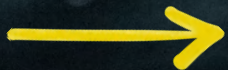
Rest: 2mins

Anaerobic threshold training

Do as much as you can during the 7 minutes. Start where you finished the 7 mins each time. This is the session to really push yourself hard.

Sets: 3

Duration: 7 minutes per set



25 - 20 - 15 - 10



Burpee broad jumps

Lunges each leg

Wall balls

Ski Erg (seconds)

Rest: 5 mins low active

So you do 25 burpees, then 25 lunges each leg, working your way through the exercises, then repeat doing 20. When you get down to 10, then work your way back up. Start each set where you finish the previous set.

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Monday

Week 7

STIMULATION

RPE 7-8

Warm-up

Mobility Drills

500M Jog

500M Ski Erg

Run

40 mins

Hyrox Workouts

100M Lunges

Rest 1 mins

Wall balls 50

Rest 1 mins

Ski erg 500M

Rest 1 min

Sled push 25M

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



8-Week Starter Plan



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Tuesday

Week 7

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

1500m Run

50m Lunges
50m Sled push
1000m Ski erg

1000m Run

25m Lunges
25m Sled push
500m Ski erg

5x Wall balls

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Thursday

Week 7

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

1km Run

50m Sled push

1km Run

25m Sled pull

1km Run

40m Burpee broad jumps

500m Run

1000m Rower

500m Run

100m Farmer carry

Only rest when needed
try to keep consistent throughout

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Friday

Week 7

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Compromised Runs 3 sets

50 Walking lunges body weight

30 Squats body weight

300M run

Rest: 2mins

Anaerobic threshold training

Do as much as you can during the 7 minutes. Start where you finished the 7 mins each time. This is the session to really push yourself hard.

Sets: 4

Duration: 7 minutes per set

→ 25 - 20 - 15 - 10 ←

Burpee broad jumps

Lunges each leg

Wall balls

Ski Erg (seconds)

Rest: 5 mins low active

So you do 25 burpees, then 25 lunges each leg, working your way through the exercises, then repeat doing 20. When you get down to 10, then work your way back up. Start each set where you finish the previous set.

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Monday

Week 8

STIMULATION

RPE 7-8

Warm-up

Mobility drills

500M Jog

500M Ski erg

Run

45 mins

Hyrox Workouts

Sled pull 25M

rest 2 mins

Burpee broad jumps 40M

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible



8-Week Starter Plan



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Tuesday

Week 8

DEVELOPMENT

RPE 9-10

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Engine Builder

2km Run

200m Kettlebell farmers carry

2KM Run

100m Lunges

2km Run

100m Lunges

2km Run

200m Kettlebell farmers carry

Do for no longer than 50 mins to keep programme to an hour

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

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Thursday

Week 8

STIMULATION

RPE 7

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Hyrox Workout

1km Run

1000m Ski erg

500m Run

50m Sled push

500m Run

25m Sled pull

500m Run

40m Burpee broad jumps

500m Run

1000m Rower

500m Run

100m Farmer carry

500m Run

50m Lunges

500m Run

30 Wall balls

Only rest when needed

try to keep consistent throughout

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan



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Friday

Week 8

DEVELOPMENT

RPE 9-10 by the end

Warm-up

Mobility Drills

1km run - start slowly and gradually increase the speed over the 1km to warm up.

Compromised Runs 5 sets

40m Heavy sled push (should take 60-90secs)

500M Run

Rest: 3mins

Anaerobic threshold training

Do as much as you can during the 7 minutes. Start where you finished the 7 mins each time. This is the session to really push yourself hard.

Sets: 3

Duration: 7 minutes per set

30 Wall balls

40M Walking lunges

Run for remaining time

Rest: 5 mins low active

Cooldown

2-3 mins in recovery posture with controlled breathing, trying to get heart rate as close to resting as possible

8-Week Starter Plan