GoalTodo

Eight 1 km runs, eight stations: 16 weeks from 5K runner to race

Train for a Hyrox race

16 weeks · Mon, Nov 30 → Sun, Mar 21

Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

Learn the moves

Foundation

- [ ] **Strength**
  goblet squat, reverse lunge, push-up (hands on a bench if needed), bent-over row: 2 sets of 10 at a light load, then 4 x 20 m farmers carry
- [ ] **Easy run**
  25 min at a pace you could talk at
- [ ] **Station skills**
  3 x 250 m row with 2 min rest, then 2 x 5 slow burpees (step back, no jump) and 2 x 10 squats holding a light ball
- [ ] **Long easy run**
  5 km, walking breaks allowed

Done when: You finish all four sessions and every rep of the strength session looks like the first one

Sticking point: Light means light. This week you're learning how each move feels, not testing yourself.

Dec 7–13
Week 2

Three sets

Foundation

- [ ] **Strength**
  same moves, 3 sets of 10 at the same light load, then 4 x 20 m farmers carry
- [ ] **Easy run**
  30 min, conversational
- [ ] **Station skills**
  2 rounds: 250 m row, 250 m ski erg (or 20 band pull-downs), 10 wall balls to a target you can reach, 5 burpee broad jumps, 50 m farmers carry
- [ ] **Long easy run**
  5.5 km

Done when: You finish both rounds of station skills without rushing a single rep

Dec 14–20
Week 3

Same again, a little heavier

Foundation

- [ ] **Strength**
  same moves, 3 sets of 10, one small step heavier on any move where the last reps felt easy
- [ ] **Easy run**
  30 min, conversational
- [ ] **Station skills**
  3 rounds of last week's circuit
- [ ] **Long easy run**
  6 km

Done when: You finish three rounds and the 6 km run at an easy pace

Sticking point: Repeating a week isn't standing still. It's how the next step stops feeling like a jump.

Dec 21–27
Week 4

Ease off

Lighter week

- [ ] **Strength**
  same moves, 2 sets of 10 at last week's load
- [ ] **Easy run**
  25 min
- [ ] **Station skills**
  2 rounds of the circuit, unhurried
- [ ] **Long easy run**
  5 km

Done when: You do every session and finish each one feeling you had more to give

Sticking point: A lighter week can feel like losing ground. It's when your body catches up with the last three weeks.

Dec 28–Jan 3
Week 5

Run, then a station

Build

- [ ] **Strength**
  goblet squat, walking lunge, push-up, row: 3 sets of 8, one step heavier than your last full week, then 4 x 20 m farmers carry with heavier kettlebells
- [ ] **Easy run**
  35 min, conversational
- [ ] **Run plus stations**
  4 rounds: 500 m easy run, then one station (250 m row, 15 wall balls, 50 m lunges, 10 burpee broad jumps)
- [ ] **Long easy run**
  6.5 km

Done when: You finish four rounds of run plus stations and can still talk on each run

Sticking point: Running straight after a station feels heavy-legged for the first few hundred metres. Start each run slower than feels right; that's the skill you're practising.

Jan 4–10
Week 6

Push and pull

Build

- [ ] **Strength**
  last week's moves, 3 sets of 8, plus 4 x 12.5 m sled push and 4 x 12.5 m sled pull at a light load (or the substitutes in Gear)
- [ ] **Easy run**
  35 min
- [ ] **Run plus stations**
  4 rounds: 1 km easy run, then one station (500 m ski erg, 25 m sled push, 25 m sled pull, 20 wall balls)
- [ ] **Long easy run**
  7 km

Done when: You finish four 1 km runs, each followed by a station, without stopping to walk on the runs

Jan 11–17
Week 7

Same again, five rounds

Build

- [ ] **Strength**
  same as last week, sleds one small step heavier if your form held
- [ ] **Easy run**
  35 min
- [ ] **Run plus stations**
  5 rounds: 1 km easy run, then one station (500 m ski erg, 25 m sled push, 25 m sled pull, 20 burpee broad jumps over 20 m, 500 m row)
- [ ] **Long easy run**
  7.5 km

Done when: You finish five rounds and the 7.5 km run at an easy pace

Jan 18–24
Week 8

Ease off

Lighter week

- [ ] **Strength**
  2 sets of 8 of each move at week 6 loads
- [ ] **Easy run**
  30 min
- [ ] **Run plus stations**
  3 rounds: 1 km easy run, then one station of your choice at half the reps
- [ ] **Long easy run**
  6 km

Done when: You do every session and finish each one fresh

Jan 25–31
Week 9

The first half of the race, at half size

Race-specific

- [ ] **Strength**
  squat, lunge, push-up, row: 3 sets of 8; sled push and pull 4 x 12.5 m each, a step heavier
- [ ] **Easy run**
  40 min
- [ ] **Run plus stations**
  4 rounds: 1 km run, then stations 1 to 4 at half race size (500 m ski erg, 25 m sled push, 25 m sled pull, 40 m burpee broad jumps)
- [ ] **Long easy run**
  8 km

Done when: You finish all four rounds and the 8 km run, the full running distance of the race

Sticking point: Burpee broad jumps tire your legs for the next run more than you expect. Find a steady rhythm you could keep for twice as long.

Feb 1–7
Week 10

The second half, at half size

Race-specific

- [ ] **Strength**
  same as last week, plus 2 x 50 m walking lunges with a sandbag or loaded backpack
- [ ] **Easy run**
  40 min
- [ ] **Run plus stations**
  4 rounds: 1 km run, then stations 5 to 8 at half race size (500 m row, 100 m farmers carry, 50 m sandbag lunges, 50 wall balls)
- [ ] **Long easy run**
  8.5 km

Done when: You finish all four rounds, breaking the 50 wall balls into sets if you need to

Sticking point: Wall balls come last, when your legs are tired. Break them into small sets from the start, such as 10 at a time, rather than going until you can't.

Feb 8–14
Week 11

Same again, six rounds

Race-specific

- [ ] **Strength**
  same as last week, loads unchanged
- [ ] **Easy run**
  40 min
- [ ] **Run plus stations**
  6 rounds: 1 km run, then a station at half race size, any six of the eight
- [ ] **Long easy run**
  9 km

Done when: You finish six rounds at a pace you could hold for two more

Feb 15–21
Week 12

Ease off before the rehearsal

Lighter week

- [ ] **Strength**
  2 sets of 8 at last week's loads
- [ ] **Easy run**
  30 min
- [ ] **Run plus stations**
  3 rounds: 1 km run, then a station at half race size
- [ ] **Long easy run**
  7 km

Done when: You do every session and feel rested by Saturday

Feb 22–28
Week 13

Eight runs, eight stations

Rehearsal

- [ ] **Strength**
  2 sets of 8, loads unchanged
- [ ] **Easy run**
  35 min
- [ ] **Station skills**
  2 rounds: 250 m row, 15 wall balls, 25 m sled push, unhurried
- [ ] **Rehearsal**
  8 rounds in race order: 1 km run, then each station at about three-quarters of race size, at the pace you plan to race

Done when: You finish all eight rounds in order and know which station costs you the most

Sticking point: Write down how long each run and station took. That's your race plan: the stations where you slowed most get extra practice next week.

Mar 1–7
Week 14

Work on your slowest station

Rehearsal

- [ ] **Strength**
  2 sets of 8, plus 3 extra sets of the move behind your slowest station
- [ ] **Easy run**
  40 min
- [ ] **Run plus stations**
  4 rounds: 1 km at race pace, then your two slowest stations at full race size, alternating
- [ ] **Long easy run**
  10 km

Done when: You finish four rounds and the 10 km run, the longest of the plan

Mar 8–14
Week 15

Less of everything, still sharp

Taper

- [ ] **Strength**
  1 to 2 sets of 8 at a comfortable load
- [ ] **Easy run**
  25 min with 4 x 1 min brisk
- [ ] **Run plus stations**
  3 rounds: 500 m at race pace, then a short station (250 m row, 10 wall balls, 25 m sled push)
- [ ] **Long easy run**
  6 km

Done when: You do every session and finish each one feeling fresh

Sticking point: Feeling restless or as if you're losing fitness is normal in a taper. The work is done; this week lets it show.

Mar 15–21
Week 16

Two short sessions, then the race

Race week

- [ ] Easy run
  20 min with 4 x 30 sec brisk
- [ ] Station skills
  2 rounds: 250 m row, 10 wall balls, 5 burpee broad jumps, all easy
- [ ] Race
  8 x 1 km run, each followed by a station

Done when: You cross the finish line

Sticking point: Most people start the first run too fast. Run it at the pace of your rehearsal, even if the crowd runs off ahead.

How the plan works

The race is eight 1 km runs, each followed by a workout station, so 8 km of running and eight stations in all. Hyrox's own pages give the order and sizes, the same at every race:

1. 1,000 m ski erg
2. 50 m sled push
3. 50 m sled pull
4. 80 m burpee broad jumps
5. 1,000 m row
6. 200 m farmers carry
7. 100 m sandbag lunges
8. 100 wall balls

You train four days a week, with rest days in between:

- Monday: strength. Squats, lunges, push-ups, rows and carries, and later the sleds. These build the legs, back and grip the stations need.
- Tuesday: an easy run. At a pace you could talk at.
- Thursday: stations, then run plus stations. First you learn each station, then you run 1 km and go straight into a station, a few rounds at a time. Running on tired legs is the main skill of the race.
- Saturday: a long easy run, building to 10 km, so the 8 km of running on race day isn't the hard part.

You can move the days, but keep at least one rest day a week, ideally two, and don't put the strength session and the run plus stations on back-to-back days.

Every fourth week is lighter. You do less, so your body can recover and adapt. Three weeks before the race you rehearse the whole race in order, and the last two weeks taper: you cut back but keep a few short, brisk efforts.

The plan is dated to your race. Enter your race date on the plan page and the weeks count back from it. A shorter plan leaves out a "same again" week from the build (week 3, and in the runner level week 7), never the rehearsal, the taper or race week.

The loads by division

You pick a division when you enter. In Open, you race alone at the standard loads; Pro uses heavier loads; in Doubles you run together and split the stations between you; and a Relay team of four shares the race. The loads, from Hyrox's race page:

▪ Women (Open, and Women's Doubles): sled push 102 kg and sled pull 78 kg (each including the sled), farmers carry 2 x 16 kg, sandbag 10 kg, wall ball 4 kg.

▪ Men (Open) and Women Pro: sled push 152 kg, sled pull 103 kg, farmers carry 2 x 24 kg, sandbag 20 kg, wall ball 6 kg.

▪ Men Pro: sled push 202 kg, sled pull 153 kg, farmers carry 2 x 32 kg, sandbag 30 kg, wall ball 9 kg.

In Open, Pro and Doubles, the runs, the ski erg, the row and the burpee broad jumps are the same distance. In Relay, each of the four team members runs 2 x 1 km and does two stations. The rulebook can change between seasons, and each race has its own briefing, so check both for your race before you plan your loads.

Which level to pick

▪ I can run 5 km but don't lift: you run regularly but haven't done strength training, or not for a long time. You get 16 weeks, starting with light loads.

▪ I already run and lift: you run 5 km or more and do strength training at least once a week. You get 12 weeks and meet the stations at once.

▪ I've done one before: you've finished a race like this and want to go faster. You get 10 weeks, built around your slowest stations from last time.

If you can't run 5 km yet, start with the Run a 5K plan and come back when you can. Hyrox recommends a fitness background or regular training before you race, and you must be 16 or over. If you lift but don't run, pick the first level: the running takes longest to build.

Before you start

Speak to your GP or doctor first if you haven't exercised for some time, or you have a heart condition, another medical condition or concerns about your health. Talk to a sports medicine doctor or physiotherapist first if you have an injury, and to your doctor if you're pregnant.

Stop exercising and get medical help straight away if you have chest pain (or pain in the neck, jaw or arm), extreme breathlessness, or a very fast or irregular heartbeat.

Warm up for five to 10 minutes before every session: brisk walking or gentle jogging, then a few light reps of the first moves. Cool down the same way.

Don't run or train through pain. Rest until you've recovered, and see a GP or physiotherapist if pain doesn't go away. Coming back, go back a week or two rather than picking up where you stopped.

If you're new to lifting, ask a qualified fitness instructor to check your squat, lunge and wall ball in the first weeks. Squat only as low as you can with good form, and build depth gradually.

Gear and substitutes

▪ Running shoes for the runs, and grippy shoes for the sleds: the race is indoors on a hard floor.

▪ A ski erg and a rowing machine. Many gyms have both. No ski erg? Do band pull-downs, or use the rowing machine twice.

▪ A weighted sled for pushing and pulling. No sled? Do hill sprints or walking lunges for the push, and heavy rows or a rope pull with a band for the pull.

▪ Two kettlebells or dumbbells for the farmers carry. Two full shopping bags or water containers work at home.

▪ A sandbag for the lunges. A backpack filled with books does the same job.

▪ A wall ball (a soft, heavy ball) and a wall or target you can throw at safely. No ball? Do squats holding a dumbbell at your chest.

▪ A way to write down your times for each run and station. Without it you can't see which station needs work.

You don't need anything special for the burpee broad jumps: just a flat, clear 20 m of floor.

Common mistakes

- Running too fast in training. Easy runs should be easy enough to talk. Most of your running is easy; race pace is for the run plus stations days.
- Doing too much too soon. Training too hard or too fast is a common cause of injury. Add distance by no more than about 10% a week, and add load in small steps.
- Skipping the lighter weeks. They're part of the plan, not a break from it.
- Treating the stations as separate workouts. The race is the run after the station. Practise going straight from one to the other.
- A full rehearsal too close to the race. Rehearse about three weeks out, then let the taper do its work.
- Starting the race too fast. The first run feels easy, so it's easy to overdo. The last four stations are where that costs you.

Race day

- Your race page and athlete guide give your start time and the number of laps that make up each 1 km. Watch the race briefing beforehand: it explains the rules for every station.
- Arrive early enough to check in, drop your bag and warm up. Water is available on the course.
- Run the first 1 km at your rehearsal pace. Settle into each station, then start each run slowly and build.
- Break the wall balls into the sets you planned. Short rests are faster than stopping because you can't go on.
- There's no time limit, so finishing is the goal for a first race. The average finisher in the 2024/2025 season took about an hour and a half.
- Afterwards, rest for a few days, then look at your times: they're the starting point for the I've done one before level.

If you fall behind

Missed 1 week: Carry on with the current week. Don't add the missed sessions on top, and don't train hard two days in a row to catch up.

Missed 2 weeks: Repeat the last week you finished in full, at the same distances and loads, then carry on. If that runs past your race, leave out only a "same again" build week that's still ahead of you and still in your schedule, never the rehearsal, the taper or race week. If there are none left, pick a later race.

Missed 3 weeks: Go back two weeks from where you stopped and build up again from there. If there are no longer enough weeks before your race, consider racing Doubles with a partner, or enter a later race and a new date on the plan page.

Missed 4 or more weeks: Restart at the lighter week before where you stopped, with easy runs only for the first few days. Check on the plan page whether your race date still leaves enough weeks; if not, pick a later race.

Sources

HYROX
`https://hyrox.com/the-fitness-race/`
“HYROX hybrid racing events combine both running & functional workout stations, where participants run 1km, followed by 1 functional workout station, repeated eight times.”

HYROX
https://hyrox.com/the-fitness-race/
“The first HYROX workout station is 1000m on the Ski Erg.”

HYROX
https://hyrox.com/the-fitness-race/
“The second workout station is 50m of Sled Push.”

HYROX
https://hyroxus.com/faq/
“It is recommended that you have a fitness background or regularly participate in fitness activities, and you must be 16 or over.”

HYROX
https://hyroxus.com/faq/
“The average HYROX finisher time in 2024/2025 was 1.5 hours.”

HYROX
https://hyroxus.com/faq/
“There is no time limit to complete your HYROX race.”

NHS
https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/
“Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns.”

NHS
https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/
“To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity.”

NHS
https://www.nhs.uk/live-well/exercise/knee-pain-and-other-running-injuries/
“Five to 10 minutes of brisk walking or gentle jogging before you start will warm your muscles up and help prevent injury.”

NHS
https://www.nhs.uk/live-well/exercise/knee-pain-and-other-running-injuries/
“Do not be tempted to increase the intensity or distance of your running too quickly.”

NHS
https://www.nhs.uk/live-well/exercise/knee-pain-and-other-running-injuries/
“Do not run if you're in pain, and only start running again when you have recovered sufficiently.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-safety
“Training too hard or fast is a common cause of sports-related injuries.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-safety
“Make sure you have at least one recovery day, preferably two, every week.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-safety
“If you have a pre-existing injury or medical condition, consult a sports medicine doctor, exercise physiologist or physiotherapist.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-preventing-injury
“Having a lower volume training week will allow your body to adapt and recover.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-preventing-injury
“Maintain a consistent, easy running pace for a solid 8 to 12 weeks to increase aerobic fitness.”

Better Health Channel (Victorian Government)
https://www.betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-preventing-injury
“Start slowly at a pace at which you can have a conversation without breathlessness.”

Newcastle upon Tyne Hospitals NHS Foundation Trust
https://www.newcastle-hospitals.nhs.uk/services/injury-prevention-advice-for-runners/
“A good strategy to reduce the risk of injury when trying to increase running distance is to increase the distance you run by 10% each week, this allows the body time to adapt to the increased load.”

Newcastle upon Tyne Hospitals NHS Foundation Trust
https://www.newcastle-hospitals.nhs.uk/services/injury-prevention-advice-for-runners/
“There are many free running programmes available online that can help you increase load safely, normally covering a 12 week period.”

Newcastle upon Tyne Hospitals NHS Foundation Trust
https://www.newcastle-hospitals.nhs.uk/services/injury-prevention-advice-for-runners/
“The following exercises are recommended 2-3 times a week.”

University of Washington (Greg Crowther, Research-Based Coaching)
https://faculty.washington.edu/crowther/Misc/RBC/tapering.shtml
“In conclusion, don't be afraid to try scaling your workouts way back in the final seven to 14 days before a major competition.”

University of Washington (Greg Crowther, Research-Based Coaching)
https://faculty.washington.edu/crowther/Misc/RBC/tapering.shtml
“Thus, small doses of high-quality intervals appear to maximize the effectiveness of a pre-race taper.”

HYROX
https://maintain.hyrox.com/rulebooks/HYROX_RulebookRelay_EN.pdf
“Each RM has to run 2 x 1 km and perform 2 workout stations.”

This plan online	https://goaltodo.com/hyrox-training
Reach it with others on Welang	https://welang.com/goals
Reach it on your own in HourLife	https://www.hourlife.com

This plan is a guide, not medical advice. See a doctor before starting if you have a health condition, are pregnant, or haven't exercised in a long time.