ATHLERION

HYROX running and pacing

4 weeks · Beginner – Intermediate · Self-guided

Practice returning to a sustainable running pace after station work. Each week, do one easy run and one run-and-station session on separate days.

Week 1 · Build the base

Session 1 · Easy run
Session 2 · Run and stations

Keep the first run conversational. In the mixed session, alternate short runs with light carries and note how long it takes your breathing to settle.

Week 2 · Add consistency

Session 1 · Easy run
Session 2 · Run and stations

Repeat the easy run. In the mixed session, keep the opening run intentionally easy and aim for a similar effort on the following runs.

Week 3 · Increase the challenge

Session 1 · Easy run
Session 2 · Run and stations

Keep the easy run short. In the mixed session, alternate carries and controlled step-ups between runs and see which station changes your running rhythm most.

Week 4 · Put it together

Session 1 · Easy run
Session 2 · Run and stations

Repeat the first mixed session. Compare your effort across the first and final run and pick an opening pace you can repeat in a longer session.